



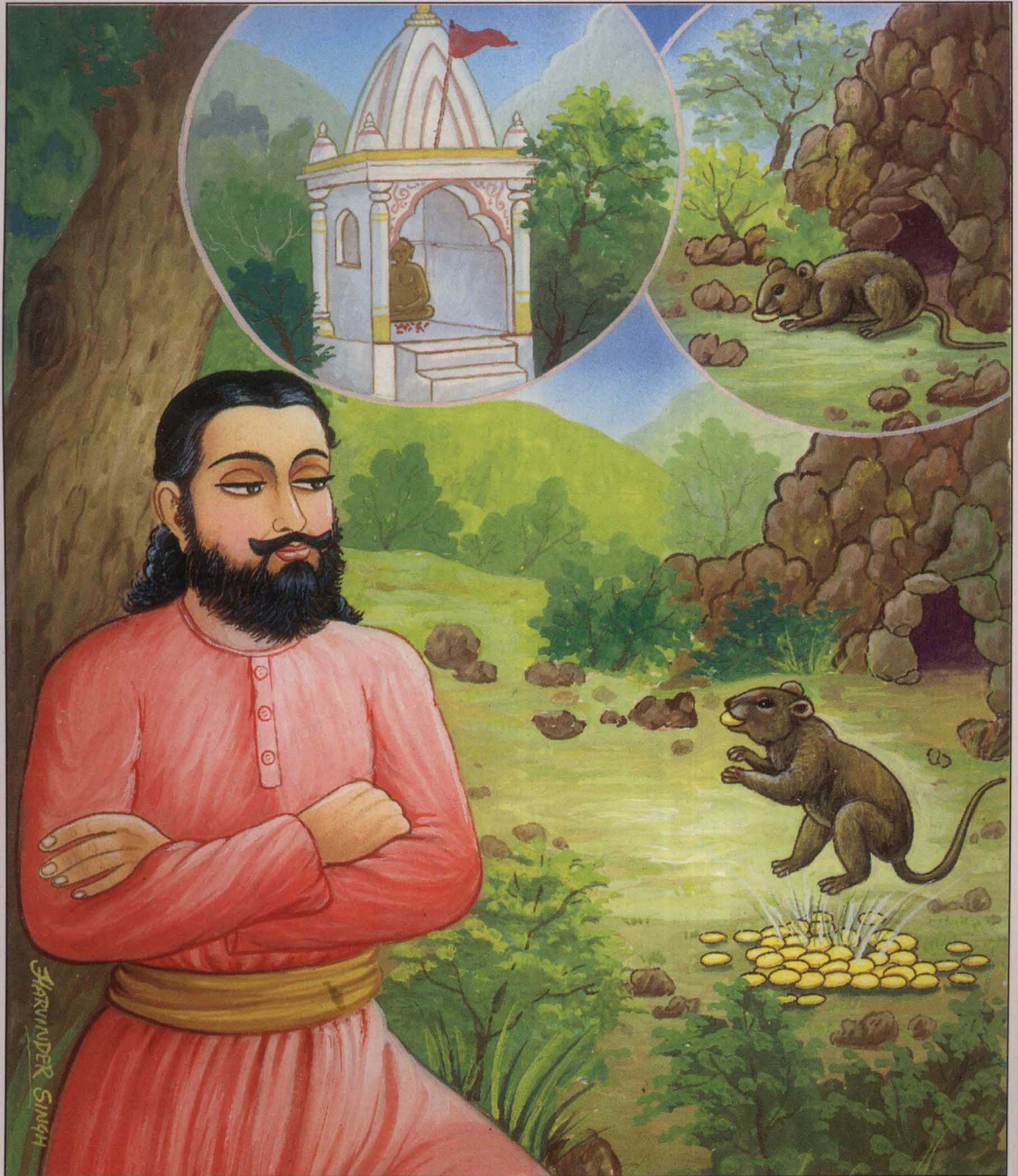
A Mahavir Seva Trust Presentation

Vol. 41

Rs. 25.00

KING KUMARPAL

And Hem-Chandracharya



SHARINDER SINGH

KING KUMARPAL AND HEM-CHANDRACHARYA

In the picture story titled Kalikaal Sarvajna Hem-chandracharya interesting incidents from the life of Acharya Shri Hem-chandra Suri were included.

Under the influence of Acharyashri, Siddharaj, the king of Gujarat, became tolerant towards all religions and performed many historical deeds of public welfare. Kumarpal succeeded Siddharaj as ruler of Gujarat. Kumarpal was under the influence of Acharyashri since the very beginning. This added ideal virtues like love for knowledge, kindness for people, amnesty for beings, devotion for Jina and guru, and religious tolerance to his valiant personality. As a consequence the state of Gujarat saw all-round progress and affluence.

Historians like Shri K. M. Munshi have also accepted that the combination of a farsighted and open minded acharya like Hem-chandra and a brave and generous king like Kumarpal was the root cause of the all-round progress of Gujarat.

In this picture story we present to our readers the incidents that reveal these ideal virtues of king Kumarpal and the interesting story of public welfare activities of Acharya Shri Hem-chandra Suri

Like the preceding picture story, this has also been written by Acharya Shrimad Vijaya Nityanand Surishvar who is an accomplished author of biographies of illustrious persons from Jain history. We express our gratitude to him.

—Shrichand Surana 'Saras'

Written by :

Acharya Shrimad Vijaya Nityanand Suri

Editor :

Muni Chidanand Vijaya

Managing Editors :

Dr. Mansukhbhai Jain, Sanjay Surana

Translator :

Surendra Bothara

PUBLISHERS

MAHAVIR SEVA TRUST

A-7, SAGAR NIWAS, 1ST FLOOR, OFF MANCHHUBHAI ROAD, MALAD (E), MUMBAI-400 097.
PH. (O) 8811397, (R) 8892121

FEDERATION OF JAIN ASSOCIATIONS IN NORTH AMERICA (JAINA)

C/o DR. P.B. GADA, 4410, 50TH STREET, LUBBOCK, TEXAS-79414 (U.S.A.). PH. 806-793-8555

SHREE DIWAKAR PRAKASHAN

A-7, AWAGARH HOUSE, OPP. ANJNA CINEMA, M.G. ROAD, AGRA-282 002. PH. : (0562) 351165

KING KUMARPAL AND HEM-CHANDRACHARYA

In the first part you read—as soon as Kumarpal took over the reigns of Gujarat he put a ban on violence, alcoholism and other vices. Here is the story after that—
One day King Kumarpal was sitting in his court. A Scholar recited a Sanskrit couplet in praise of the king.



At these words the scholarly minister Kapardi was disturbed. The king asked—



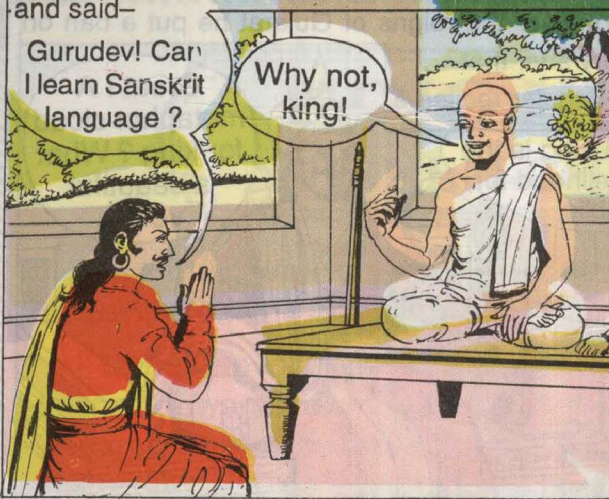
Later, when they were alone, the minister said—



Next day Kumarpal came to Hem-chandracharya and said—

Gurudev! Can I learn Sanskrit language ?

Why not, king!



Gurudev, I have crossed fifty. Would I be able to study?

It is the body of a man that ages, not his intellect and mental capacity. Begin at once.



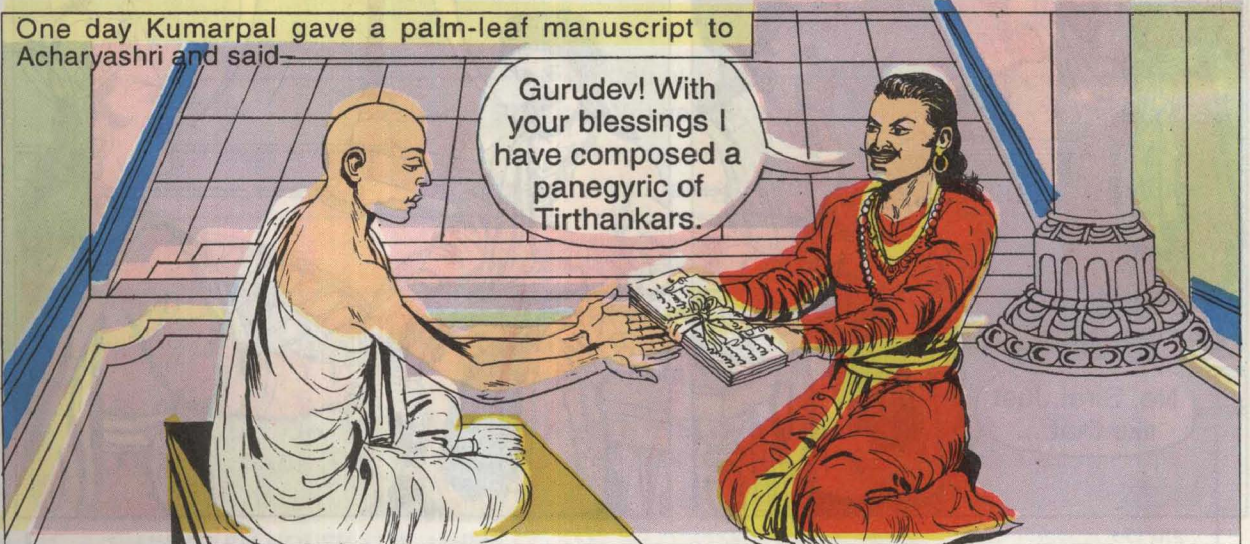
Kumarpal commenced his studies of Sanskrit with a lesson from Acharyashri. Soon he started getting lessons on advanced works like Yogashastra and Vitaraag Stotra.

King! Your keen interest in studies indicates that you will soon become a scholar of Sanskrit language.

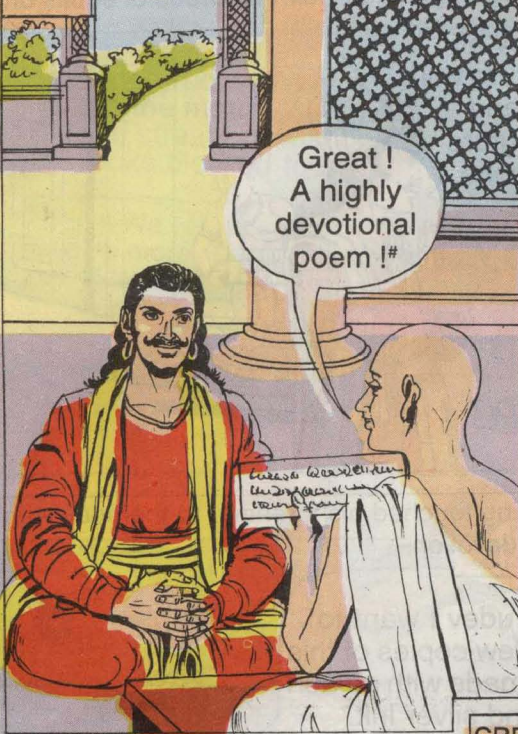


One day Kumarpal gave a palm-leaf manuscript to Acharyashri and said—

Gurudev! With your blessings I have composed a panegyric of Tirthankars.



On reading the work Hem-chandracharya exclaimed—



King, when there is strong devotion and faith in the goal, success is certain.

Gurudev, as I derive pleasure by reading your books, I want others also to do so. Therefore I want to popularize these.

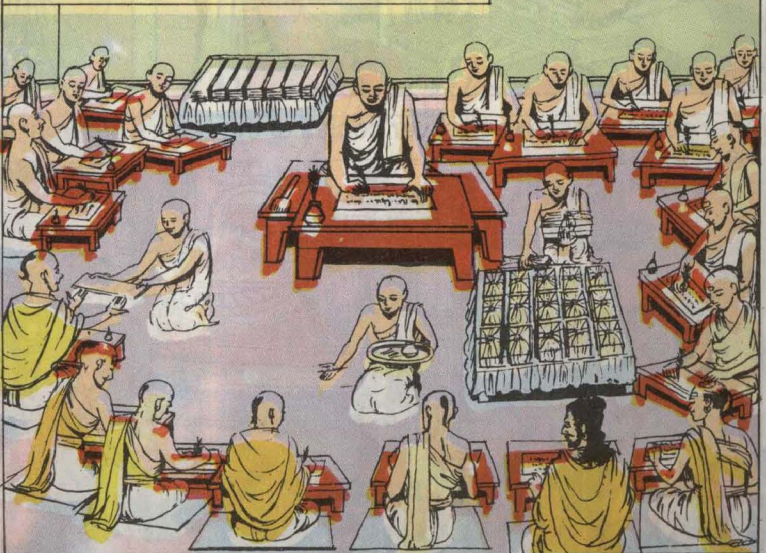
Brilliant idea, King! But for that, copies of all this literature will have to be made.

After getting permission from Acharyashri, the king instructed an officer—



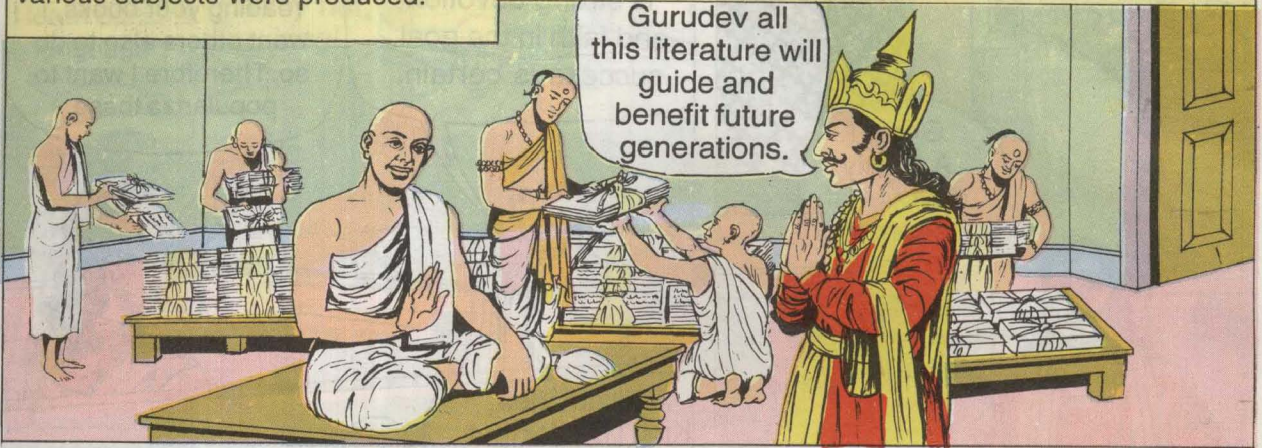
CREATING LITERATURE

Acharya Shri Hem-chandra Suri commenced his creative writing. On each side of him 9-10 of his disciples would sit down with pen and palm-leaves. Acharyashri would dictate and after writing, the disciples would pass the sheets on to scribes for making copies.



The first verse of this thirty two verse composition goes like this -- "O Jineshvar! every goddess of wealth sits at your lotus feet. Beholding you in his vision man certainly attains liberation. I bow every day before the first Lord of this era whose devotion has made me attain success.

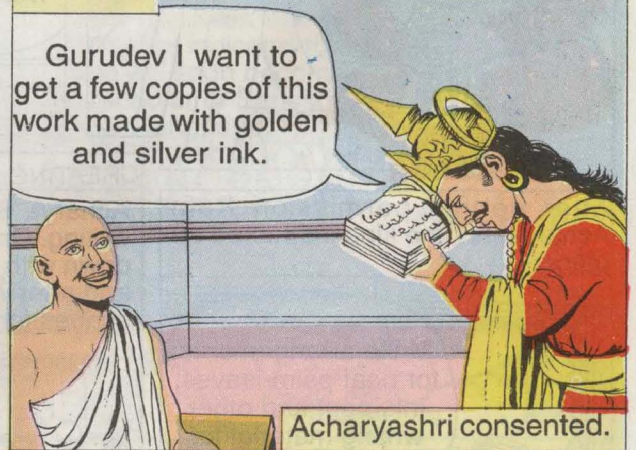
King Kumarpal came everyday to pay homage to Gurudev and see the progress. With the king's keen interest and efficient management the literary project progressed well. Hundreds of books on various subjects were produced.



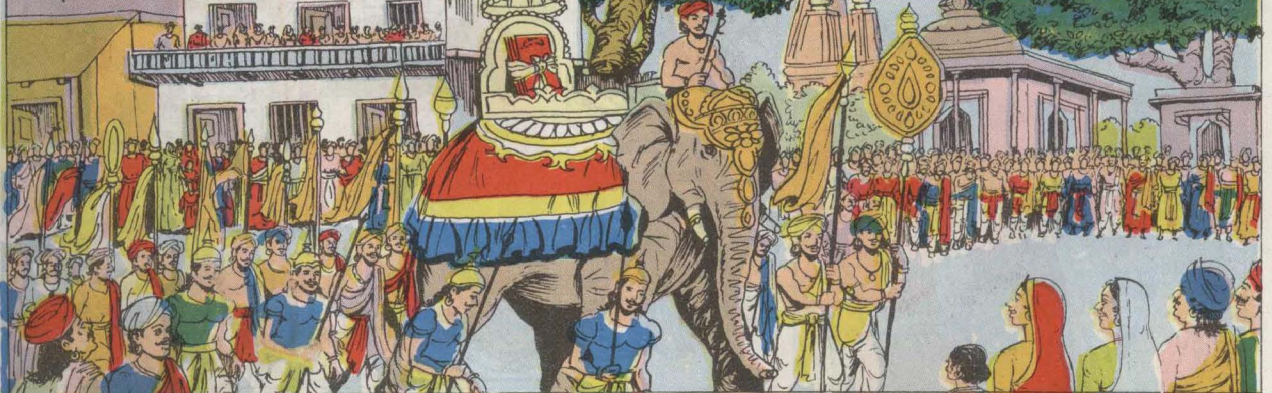
One day Acharyashri informed Kumarpal—



The king touched his forehead to the book with great devotion—

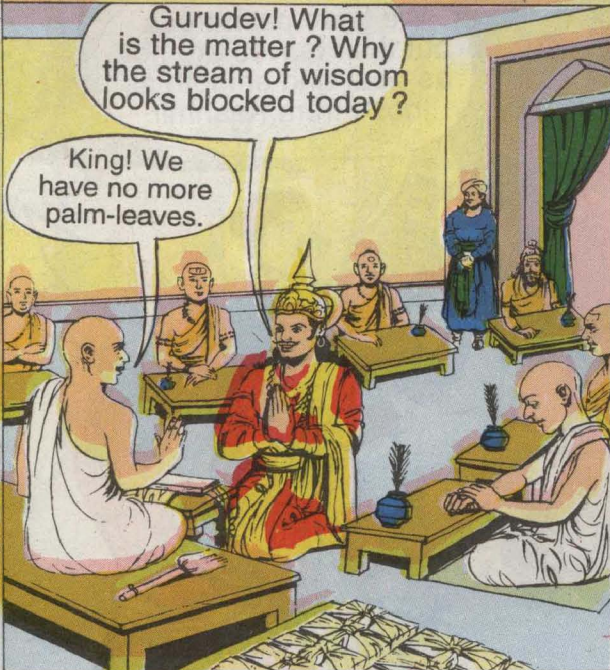


After getting golden and silver copies of the book Kumarpal took them out in a ceremonial procession.

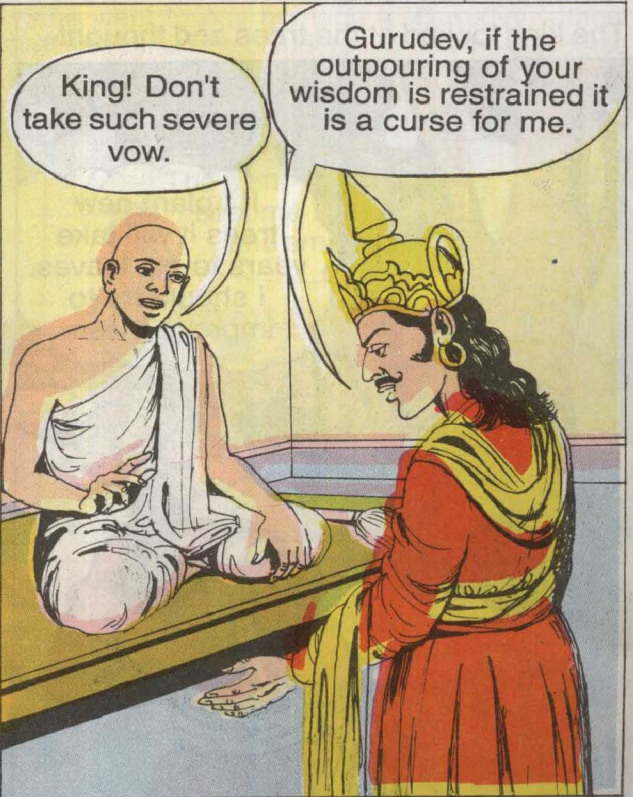
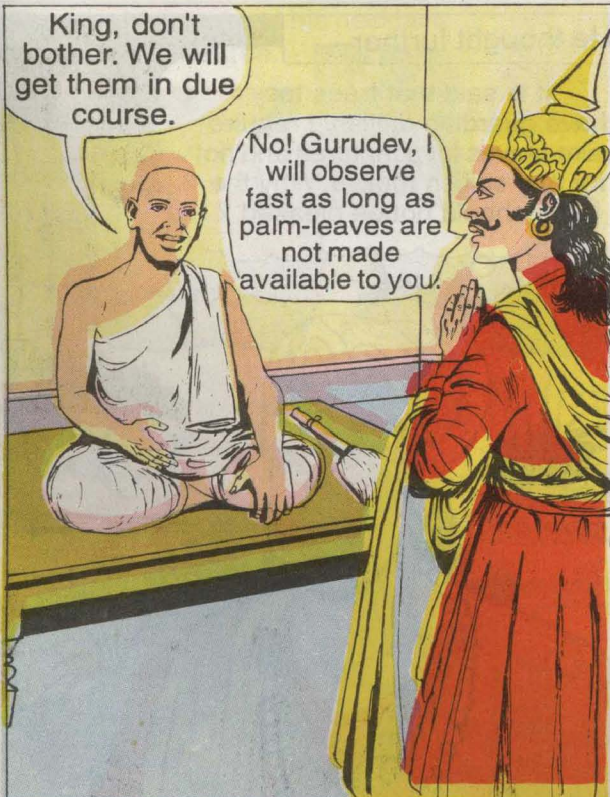


Many other copies were made and sent to important libraries in the country. Jain literature was enriched as a result of the scholarly pursuits of Acharyashri and Kumarpal's love for literature.

One morning King Kumarpal came to pay homage to Acharyashri. He saw that everyone was sitting idle. The king asked—



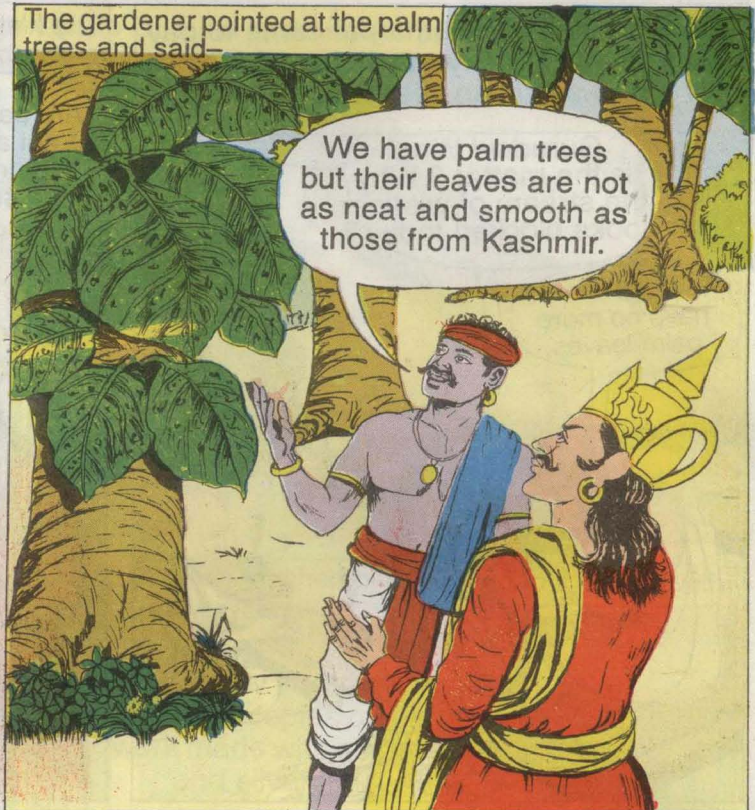
The king called the manager—



The king came straight to his garden and asked his gardener—



The gardener pointed at the palm trees and said—

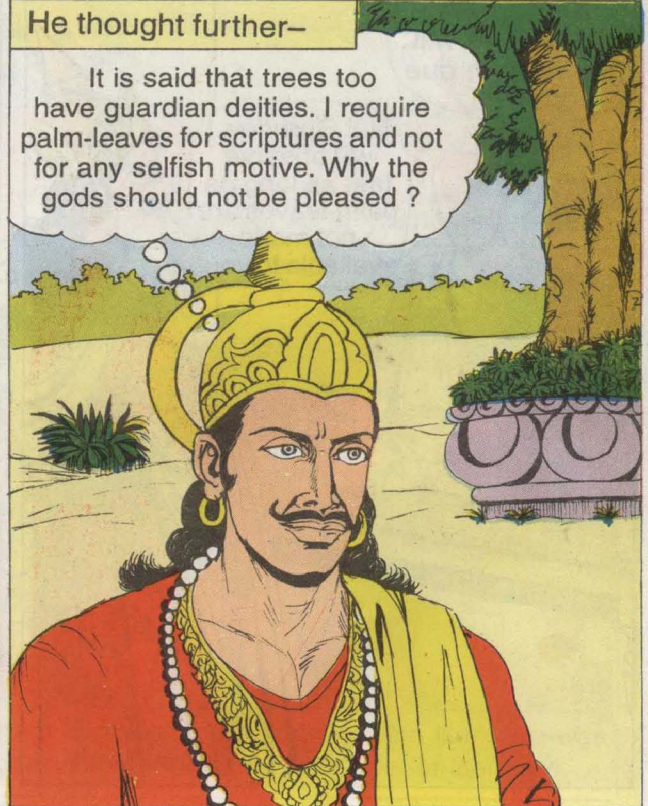


The king looked at the trees and thought—

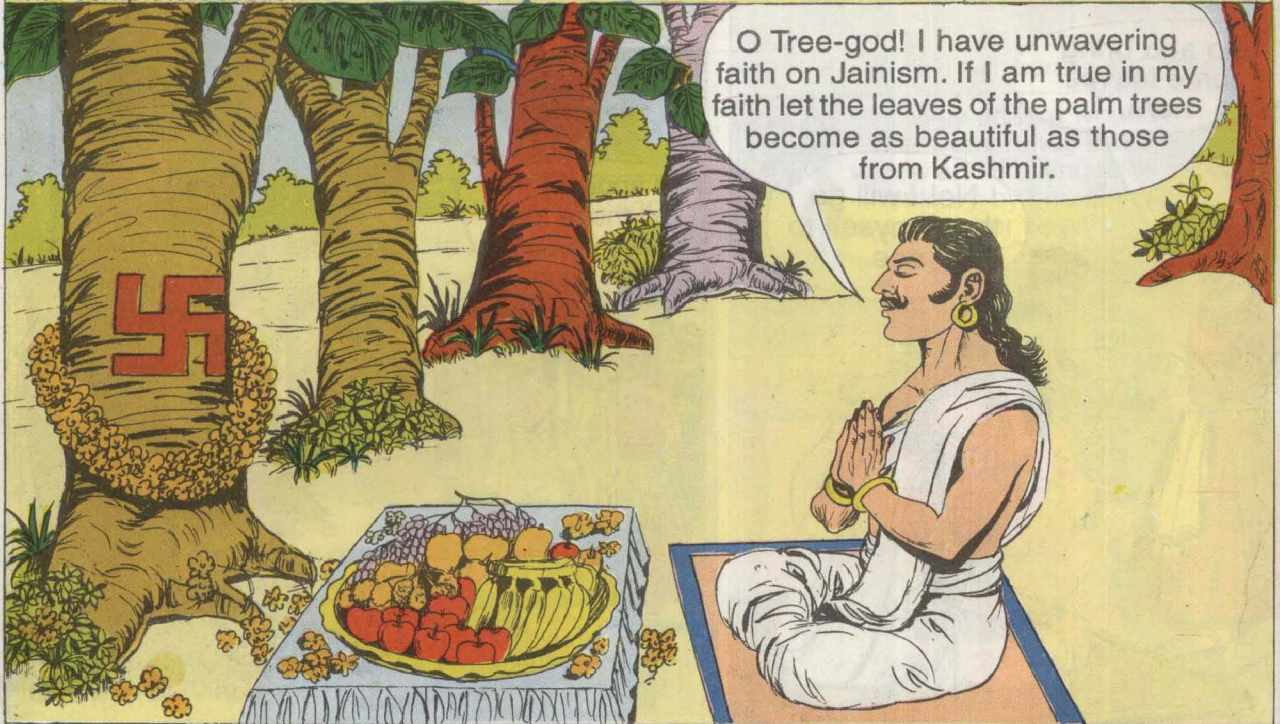


He thought further—

It is said that trees too have guardian deities. I require palm-leaves for scriptures and not for any selfish motive. Why the gods should not be pleased ?



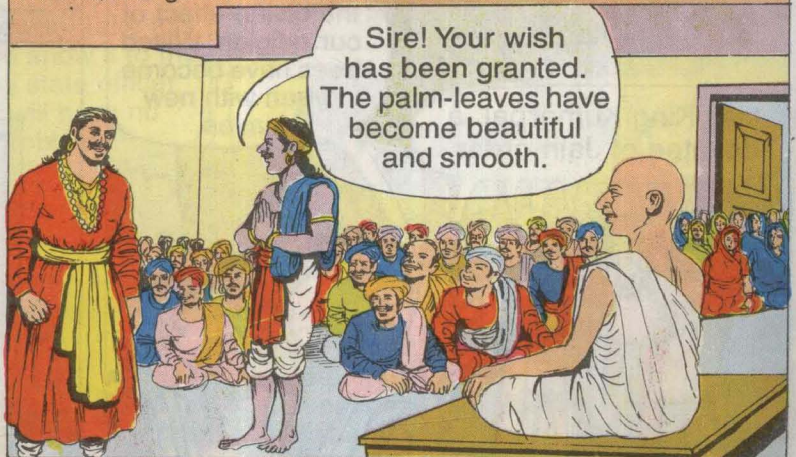
At the time of evening prayers he returned to the garden with offerings. He sat down under a palm tree. After applying sandal-wood paste, sprinkling saffron, and offering fruits and sweets he prayed with complete devotion—



Then the king took out his necklace and put it on the tree.



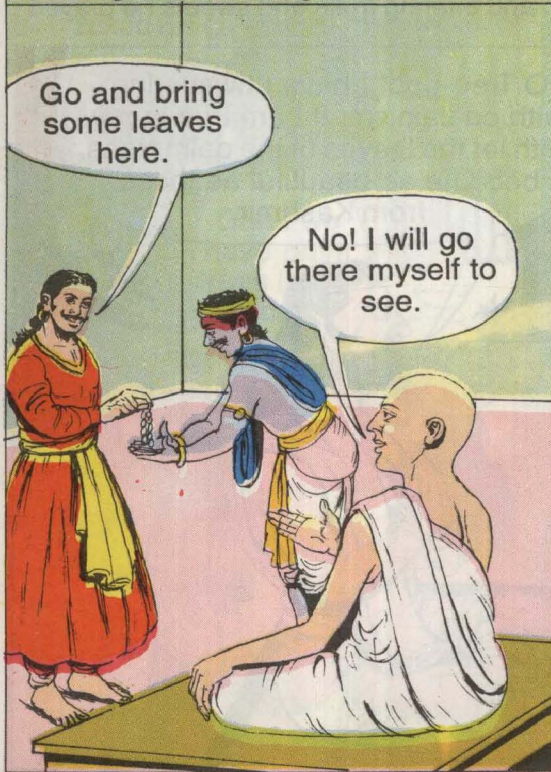
Next morning he went to pay homage to Gurudev without taking breakfast and joined the discourse. When the discourse ended, the gardener rushed in—



Everyone was surprised—



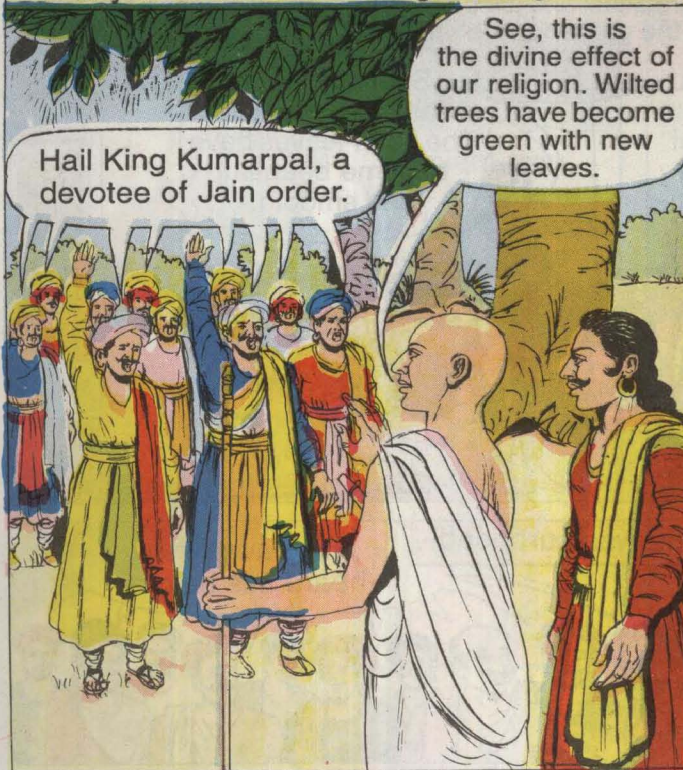
The king rewarded the gardener and said—



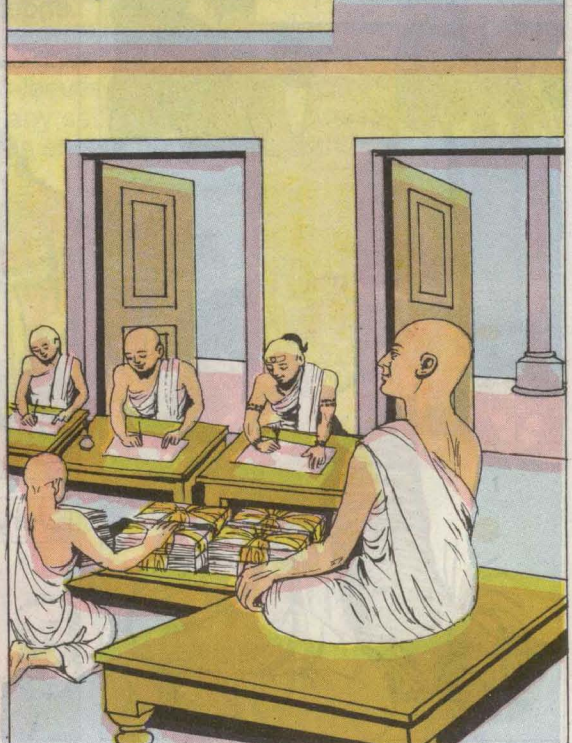
With his disciples and shravaks, Acharyashri came into the garden. He saw the tree the king had worshipped and other trees around.



Acharyashri addressed the gathering—

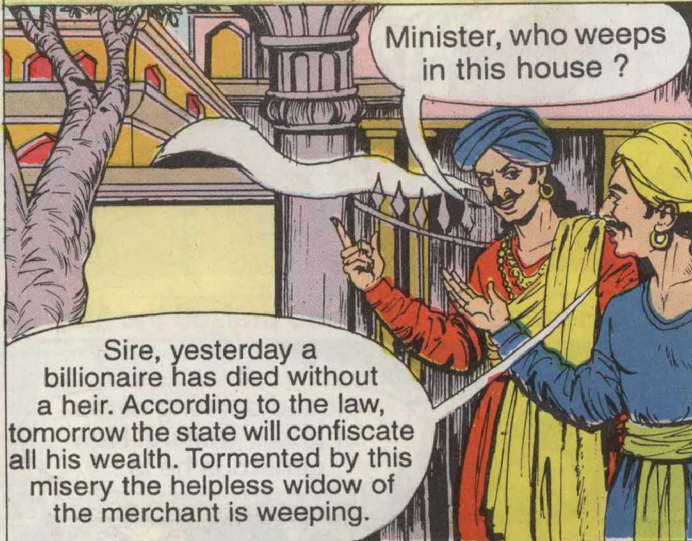


On getting the palm-leaves the work of writing was resumed with full speed.

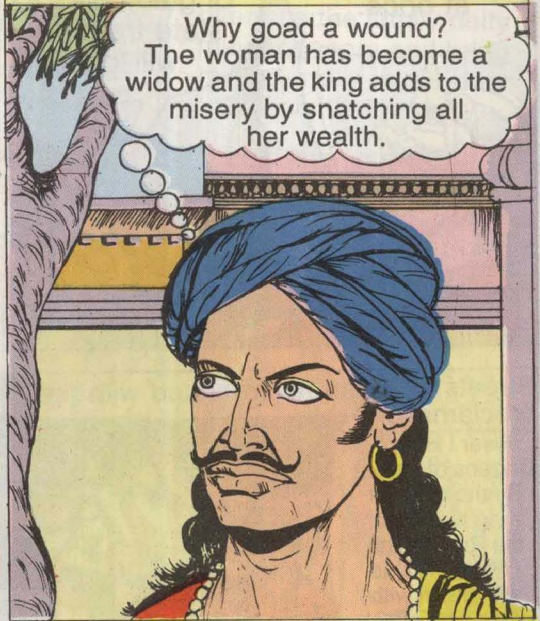


In those days an old custom prevailed in Gujarat. In absence of a male heir all the wealth of a family was taken by the state on death of the head of that family. As a result condition of women in such families became miserable. They had to do manual labour or beg for their living. This custom was called Rudati Vitta (wealth of the weeping woman).

One night Kumarpal was returning after paying homage to Acharyashri when, outside a mansion, he heard wailing of a women. The king stopped in his tracks.



The king was filled with sorrow and gloom.



Kumarpal entered the mansion and consoled the woman—



Taken aback, the woman asked her maid—

Malti ! Who was he ?
Let me see the ring.



Next day the king called minister Udayan and told him the story. He added—

Minister, stop this evil custom at once.

But, Sire! this custom brings billions of gold coins to the state treasury. We will loose....



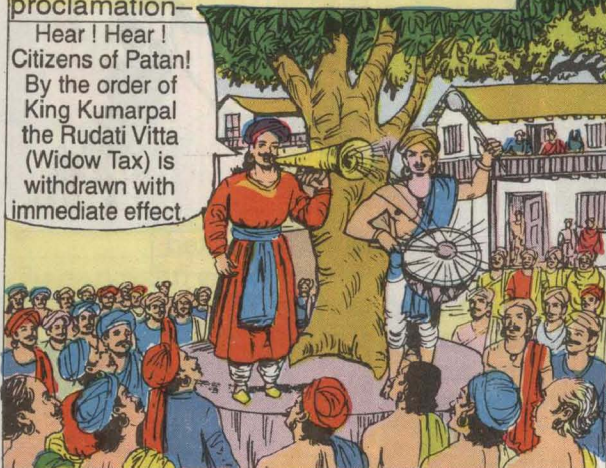
Kumarpal—

Minister! In my treasury I don't want even a penny realized by harming some one. Carry out my order.



Streets of Patan reverberated with the proclamation—

Hear! Hear!
Citizens of Patan!
By the order of
King Kumarpal
the Rudati Vitta
(Widow Tax)
is withdrawn with
immediate effect.



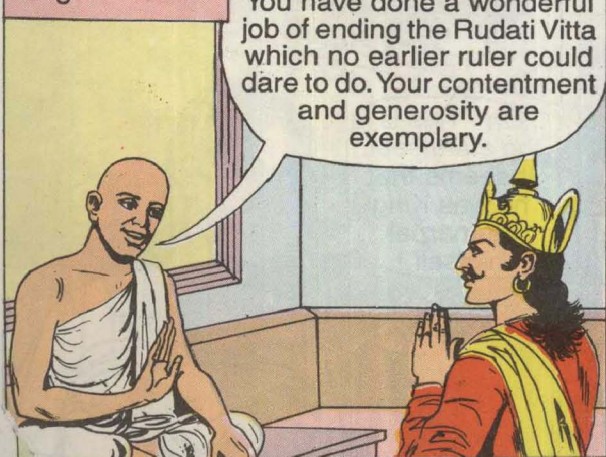
Hearing this everyone praised the king.

Indeed our king cares for public welfare. How generous he is!



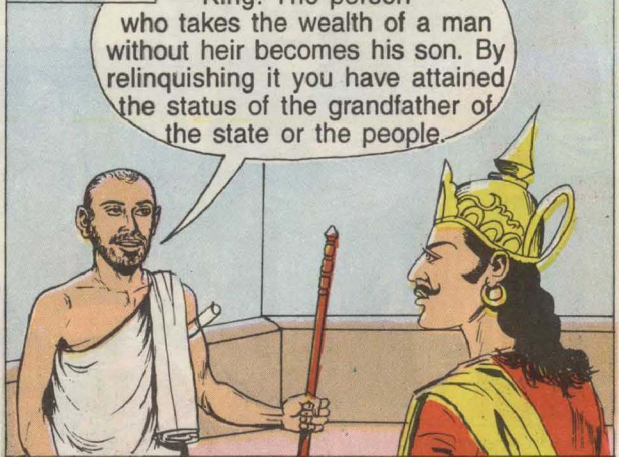
Hem-chandracharya also blessed the king—

You have done a wonderful job of ending the Rudati Vitta which no earlier ruler could dare to do. Your contentment and generosity are exemplary.



The chief disciple of Gurudev recited a couplet—

King! The person who takes the wealth of a man without heir becomes his son. By relinquishing it you have attained the status of the grandfather of the state or the people.



Some time later on the first day of the Navaratra festival some priests came and said to Kumarpal—

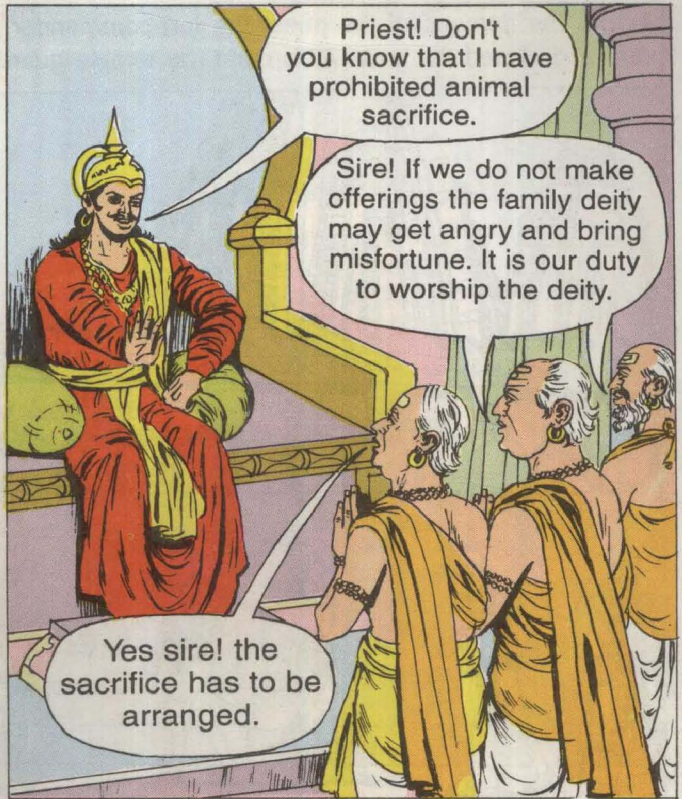
Sire ! It is an old tradition to worship your family deity Kantakeshvari by offering animal sacrifice. Please make necessary arrangement.



Priest! Don't you know that I have prohibited animal sacrifice.

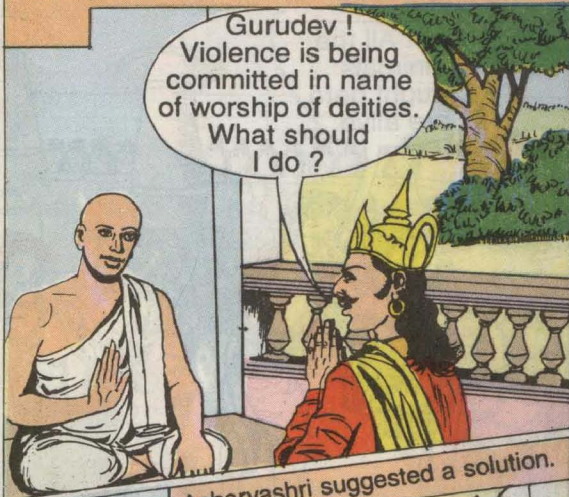
Sire! If we do not make offerings the family deity may get angry and bring misfortune. It is our duty to worship the deity.

Yes sire! the sacrifice has to be arranged.



Kumarpal at once went to Hem-chandracharya—

Gurudev ! Violence is being committed in name of worship of deities. What should I do ?



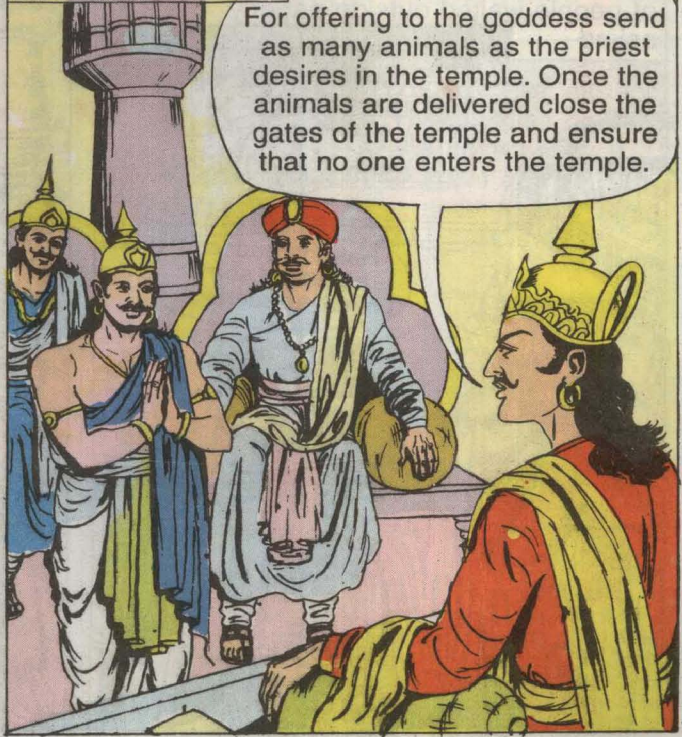
Acharyashri suggested a solution.

Yes ! This is a good idea.

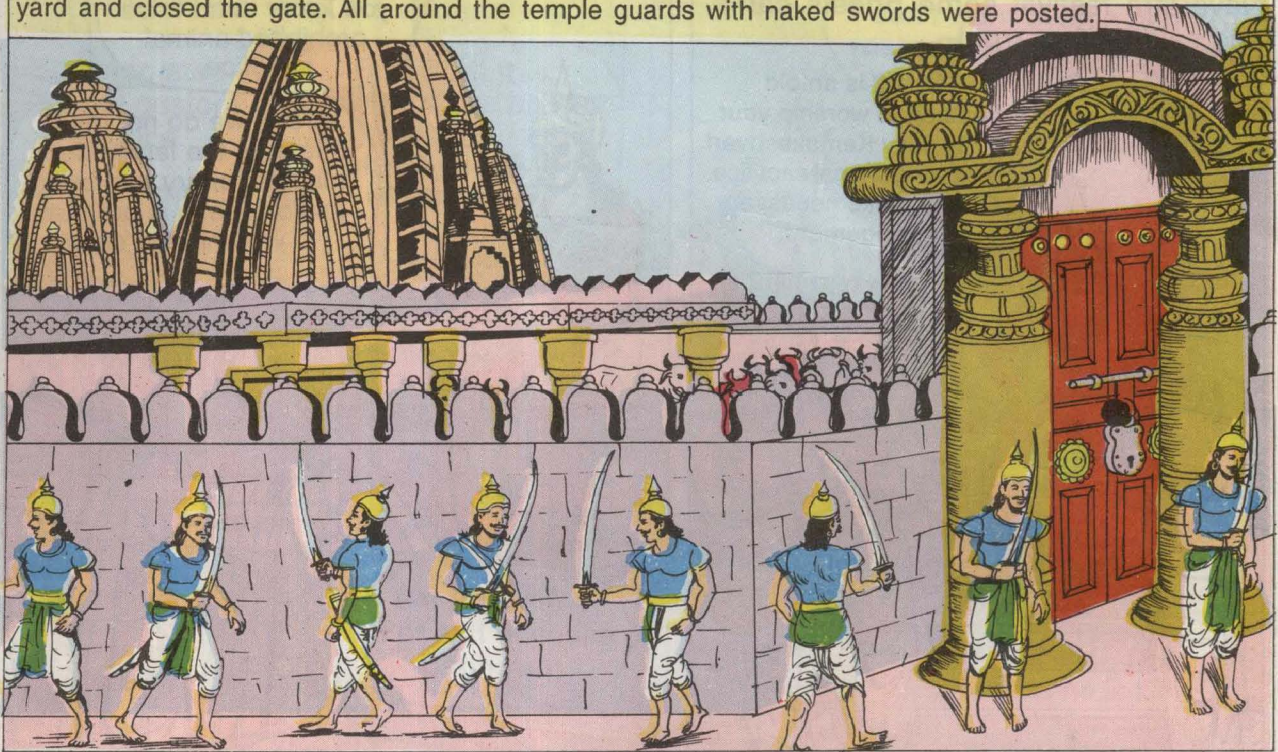


The king returned to his palace and called the commander of the fort—

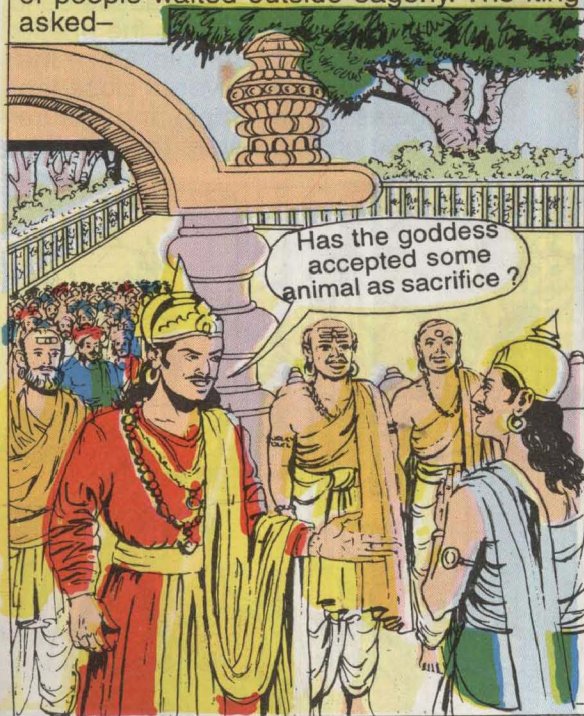
For offering to the goddess send as many animals as the priest desires in the temple. Once the animals are delivered close the gates of the temple and ensure that no one enters the temple.



As per the demand of the priest the fort-commander sent 2400 goats and 24 buffaloes in the temple yard and closed the gate. All around the temple guards with naked swords were posted.

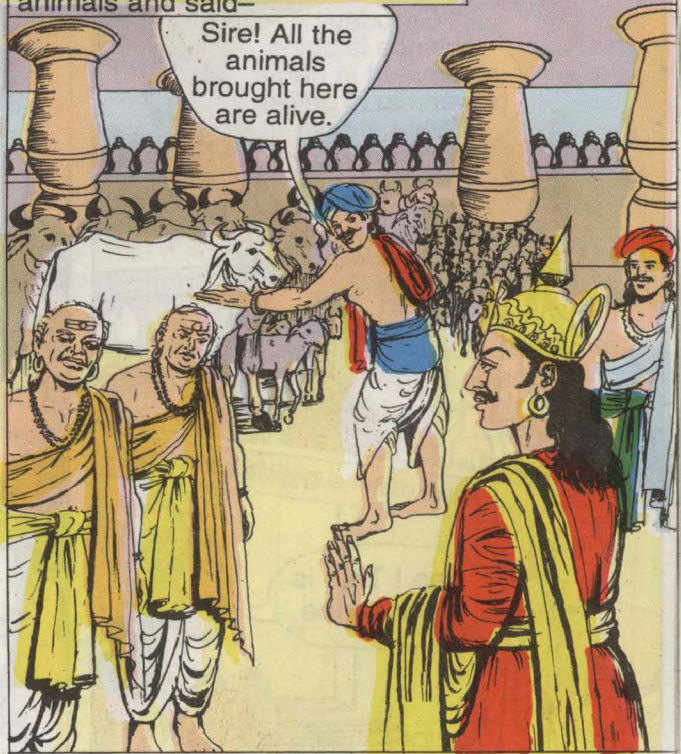


In the morning the king came to the temple with priests. The gate was opened. Hundreds of people waited outside eagerly. The king asked—



Has the goddess accepted some animal as sacrifice ?

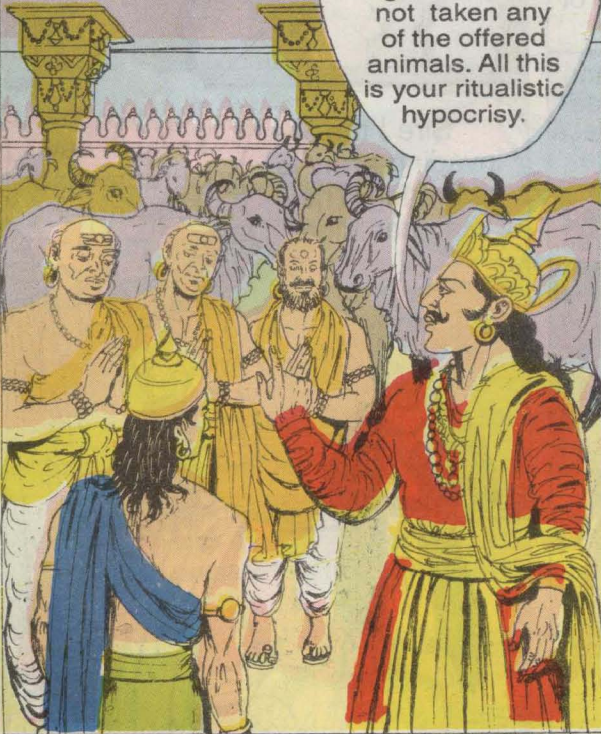
The attendants counted the animals and said—



Sire! All the animals brought here are alive.

Kumarpal said to the priest—

See, the goddess has not taken any of the offered animals. All this is your ritualistic hypocrisy.



The king ordered—

Free all these animals. Deities are pleased by sentiments of devotion. From this day normal food will be used as offerings. No more offerings of flesh.



Animal sacrifice was completely prohibited in Gujarat; a miracle of faith in the code of conduct.

Near Gujarat there was a state named Kalyan-katak. King Karnā, the ruler of that state wanted to conquer Gujarat. One day his spies informed—

Sire, King Kumarpal of Gujarat has accepted Jain religion and abandoned violence.

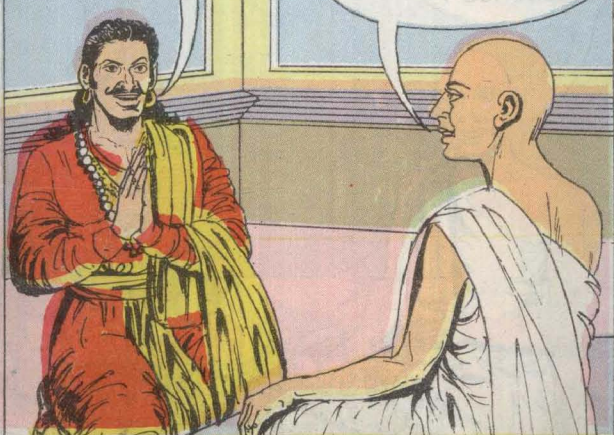
Great! Now he will not resist our attack. Now we will conquer Gujarat.



He at once marched to lay a siege on Gujarat. Worried Kumarpal approached Hem-chandracharya.

Gurudev! What should I do now? A war will cause enormous loss of human life.

King ! Rest assured. The guardian goddesses will protect Gujarat. The moment of King Karna's death is only seven days away.



Kumarpal was relieved when he heard this prophecy.

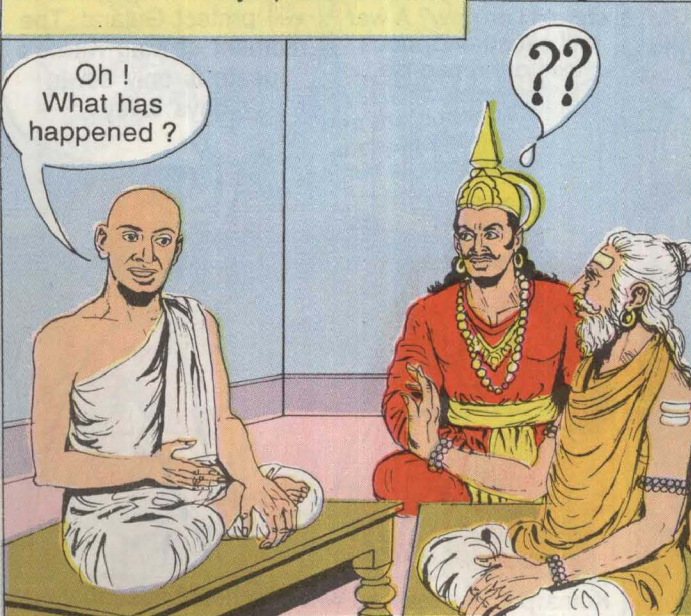
In the darkness of night king Karna was heading towards Patan with his large army. All of a sudden the king's pearl necklace was caught in a lower branch of a tree under which he was passing.



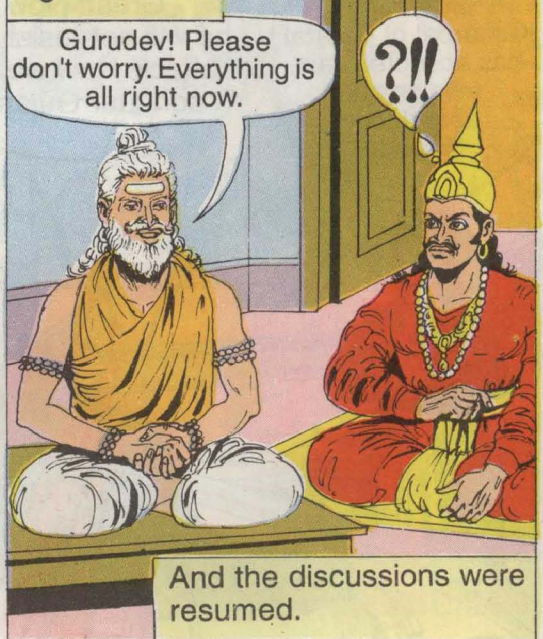
The spies informed Kumarpal—



One day Hem-chandracharya, Kumarpal, and Sanyasi Devabodhi were having religious discussions. Suddenly Hem-chandracharya paused and uttered a sigh.



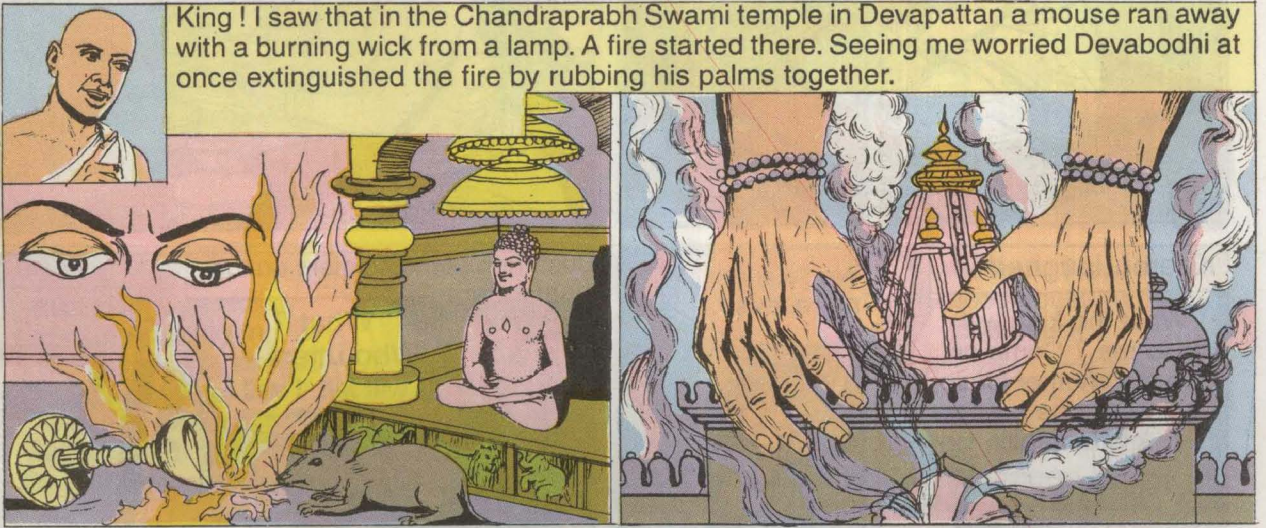
At once Devabodhi rubbed his palms together and said—



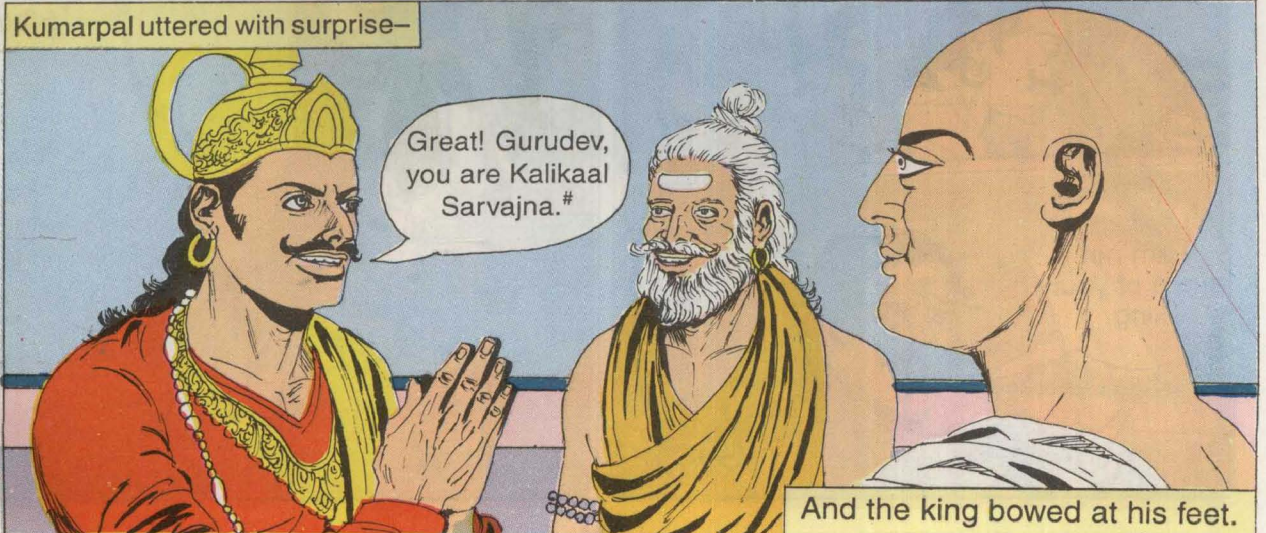
At the conclusion of the discussions Kumarpal asked—



King ! I saw that in the Chandraprabh Swami temple in Devapattan a mouse ran away with a burning wick from a lamp. A fire started there. Seeing me worried Devabodhi at once extinguished the fire by rubbing his palms together.

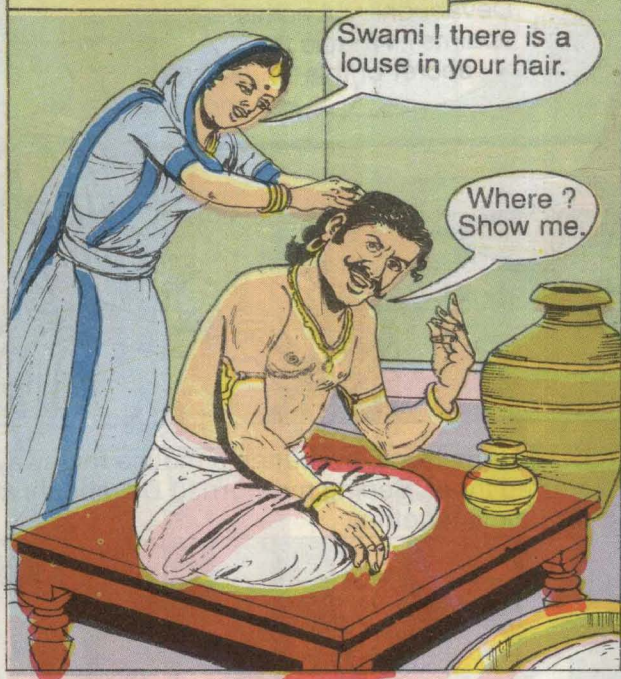


Kumarpal uttered with surprise—

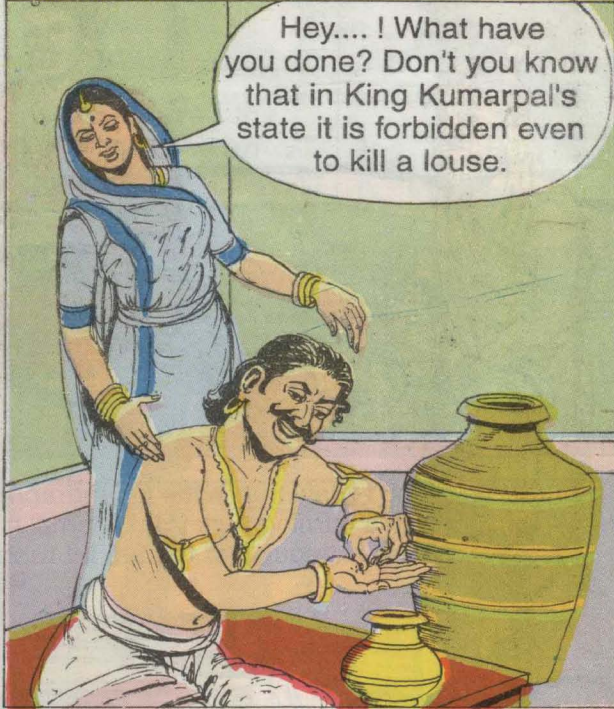


And the king bowed at his feet.

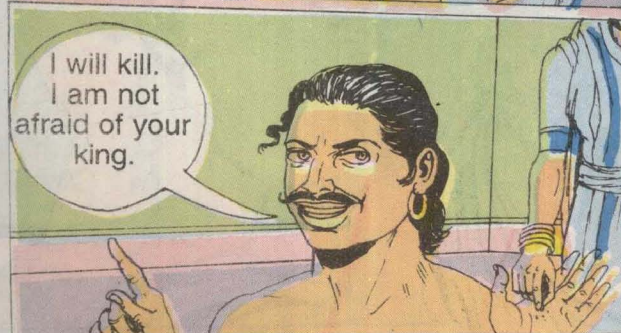
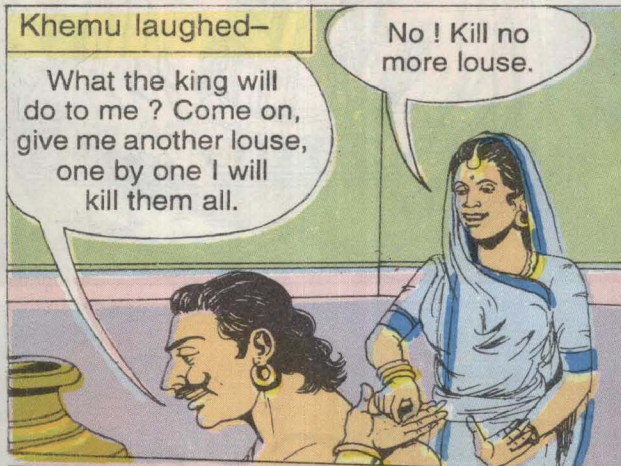
One day a merchant named Khemu was getting his head massaged by his wife, just before taking his bath. The wife saw a louse in his hair—



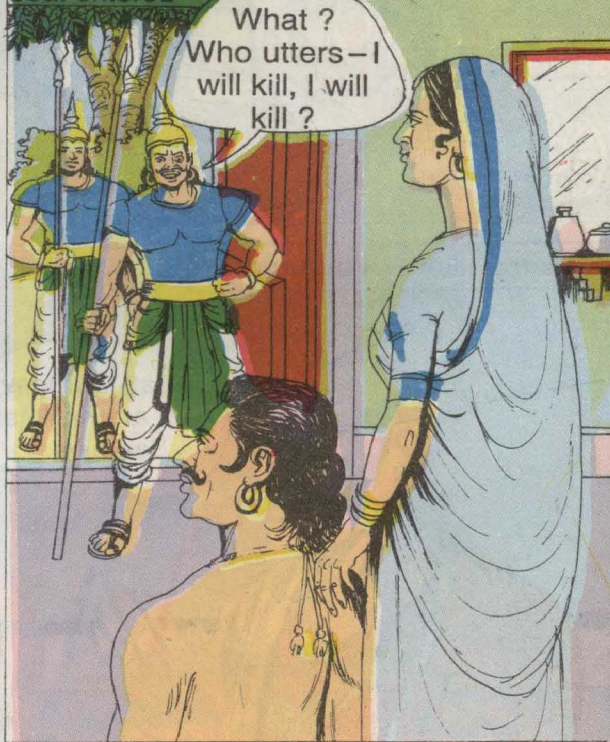
The wife picked the louse and gave it to him. Khemu took it in his palm and crushed it. The wife shouted—



Khemu laughed—



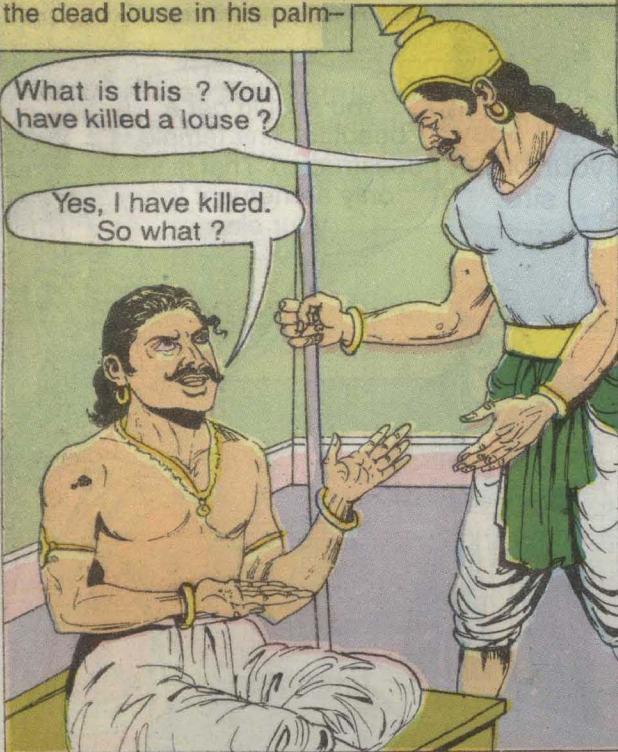
Just then some soldiers on the beat entered—



The merchant was taken aback. The soldiers saw the dead louse in his palm—

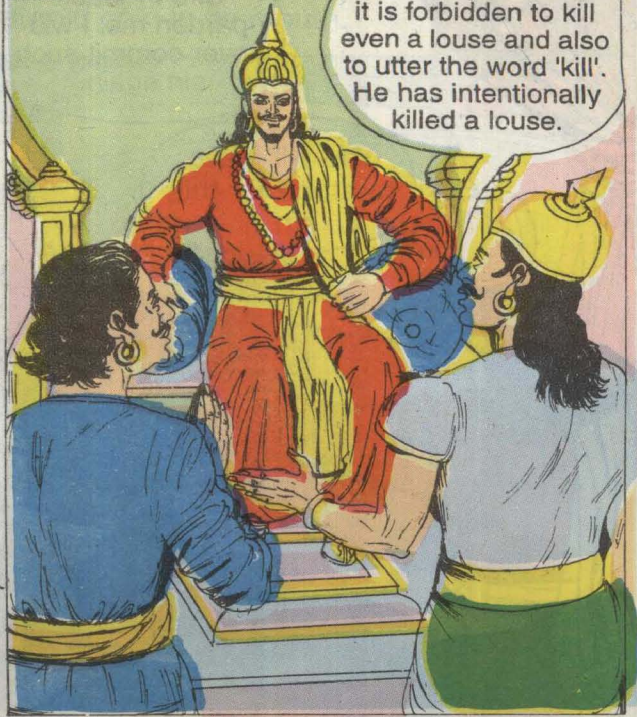
What is this ? You have killed a louse ?

Yes, I have killed. So what ?



The soldiers arrested him and presented before the king.

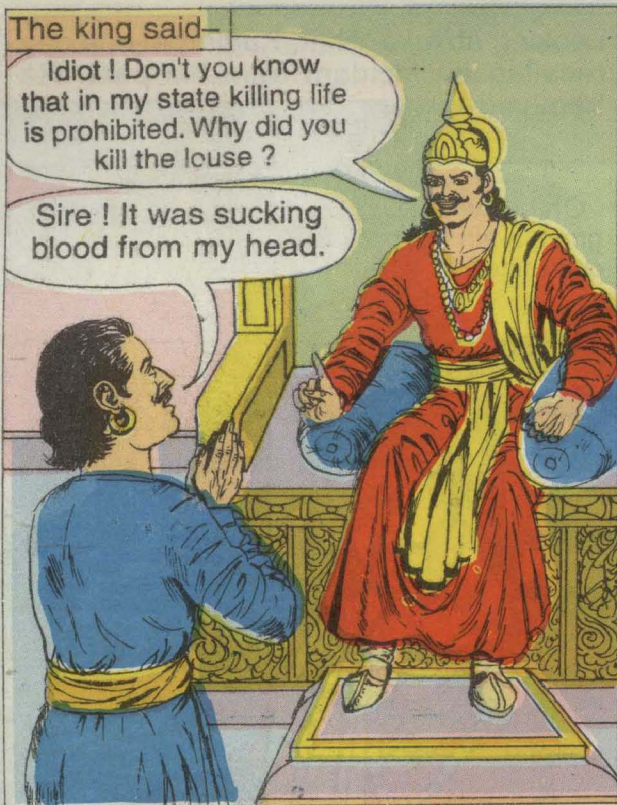
Sire ! In your state it is forbidden to kill even a louse and also to utter the word 'kill'. He has intentionally killed a louse.



The king said—

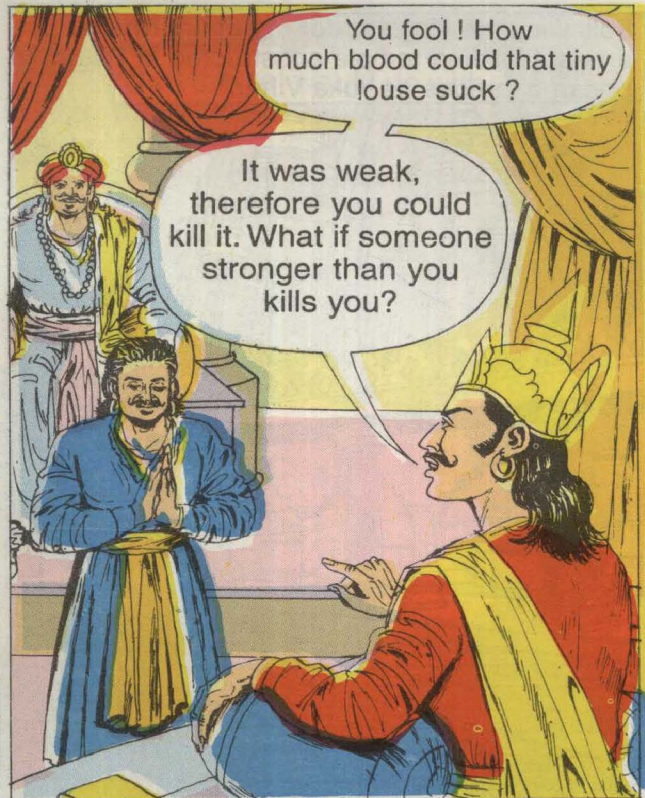
Idiot ! Don't you know that in my state killing life is prohibited. Why did you kill the louse ?

Sire ! It was sucking blood from my head.



You fool ! How much blood could that tiny louse suck ?

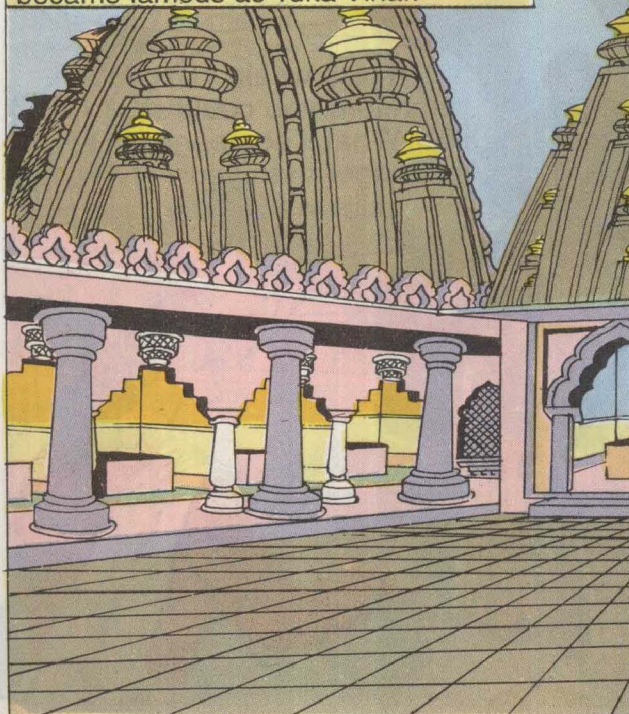
It was weak, therefore you could kill it. What if someone stronger than you kills you?



He pleaded—

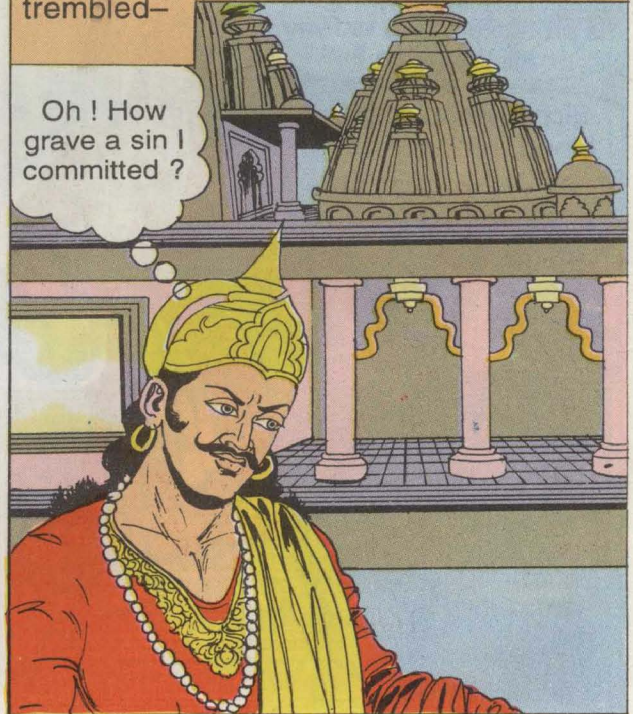


Following the king's order merchant Khemu got a beautiful Jina temple constructed in Patan. It became famous as Yuka Vihar. #



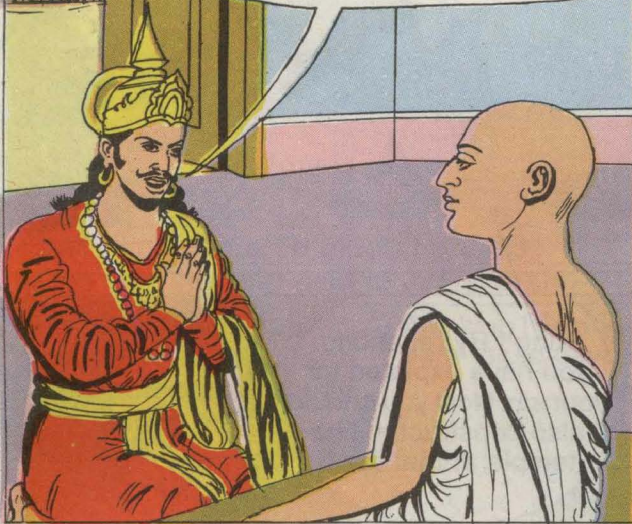
The louse temple.

Looking at Yuka Vihar, Kumarpal one day recalled an incident from his past. He trembled—

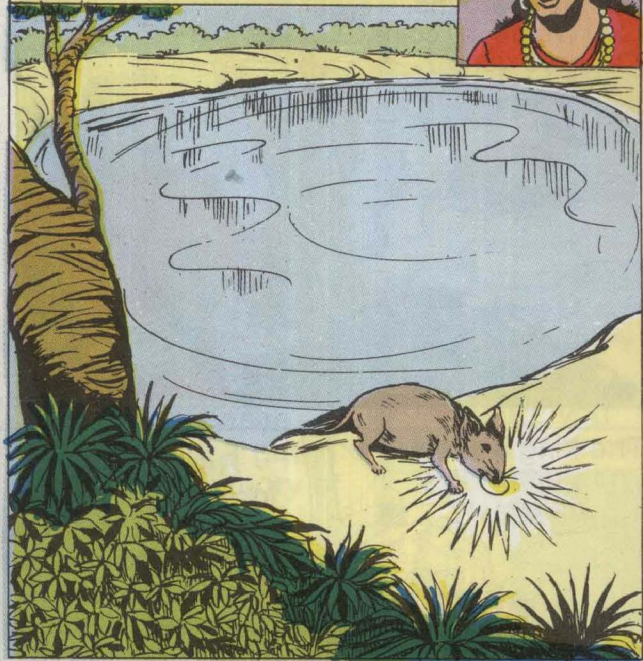


He soon came to the Acharyashri and said after salutations—

Gurudev, during my wanderings in jungles, hiding from the soldiers of Siddharaj, one day I was sitting concealed in a bush near the Taran Devi temple in Aravali Hills. Suddenly I saw....



A mouse came out from a hole near another bush. It held a gold coin in its mouth.

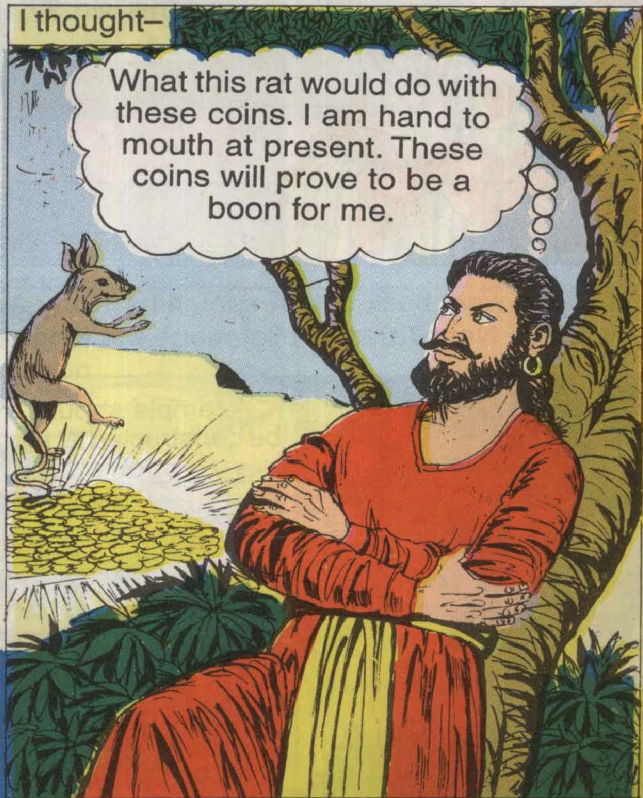


Placing the coin on the ground, the mouse returned to its hole and came out with another coin. This way it brought out 32 coins from the hole. Perched on the heap of coins it jumped with joy.



I thought—

What this rat would do with these coins. I am hand to mouth at present. These coins will prove to be a boon for me.

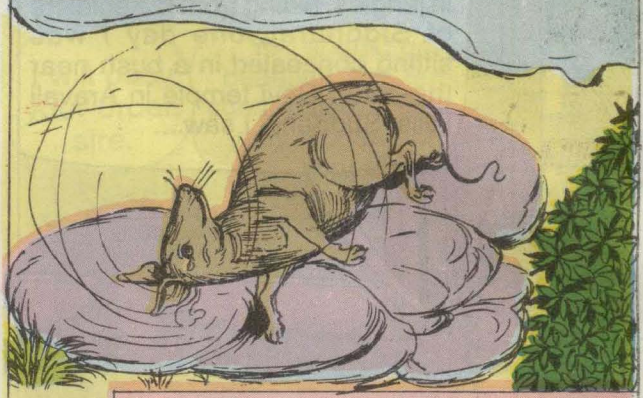


Just at that moment the mouse entered its hole. I picked up the coins and tied them in my belt-cloth. When the mouse emerged from the hole and failed to find the coins it started searching around.

Oh! Where my coins have gone?



When it failed to find the coins it got disturbed and started striking its head on the stone in desperation.

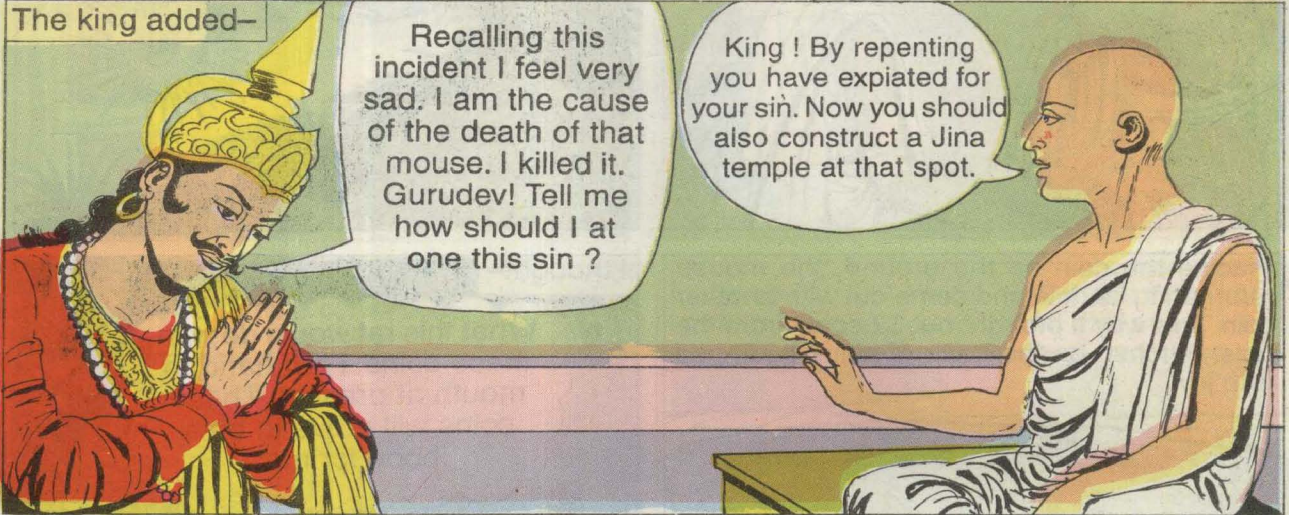


Before I could do anything it died.

The king added—

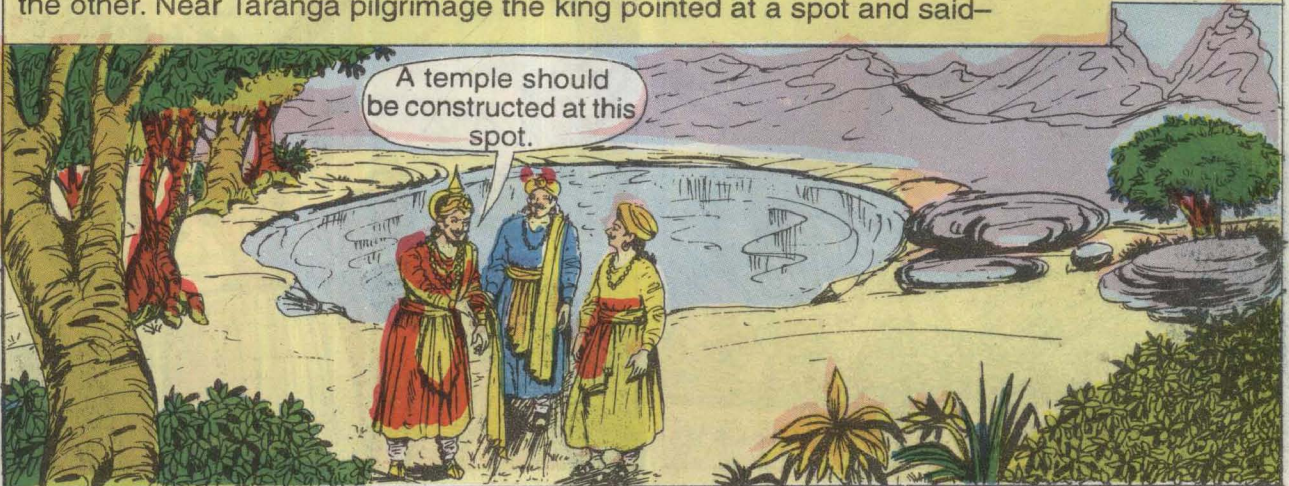
Recalling this incident I feel very sad. I am the cause of the death of that mouse. I killed it. Gurudev! Tell me how should I atone this sin?

King! By repenting you have expiated for your sin. Now you should also construct a Jina temple at that spot.

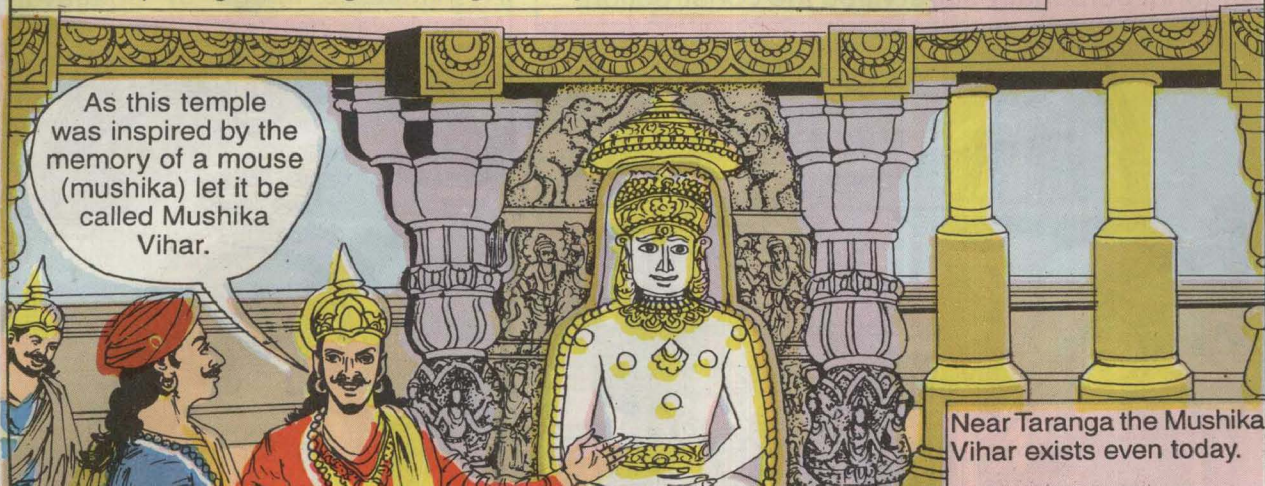


The king went back to that spot. It had lofty Aravali hills on one side and lush green forest on the other. Near Taranga pilgrimage the king pointed at a spot and said—

A temple should be constructed at this spot.

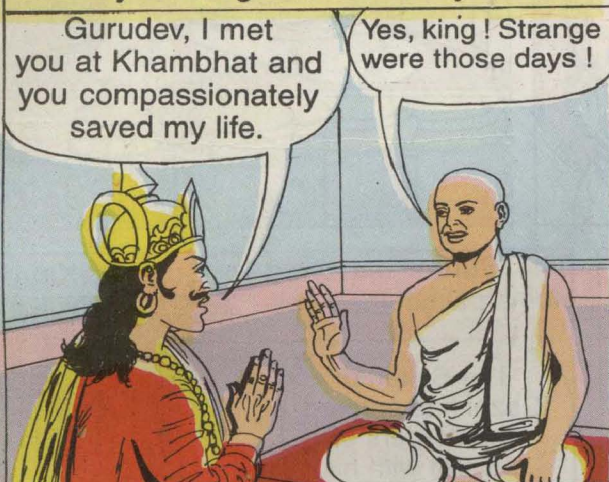


In the temple a grand image of Bhagavan Ajitnath was installed. The king said—



Near Taranga the Mushika Vihar exists even today.

One day the king said to Acharyashri—



It is my desire to construct a grand temple in memory of those days.

Indeed, you should at once start acting on your plan.

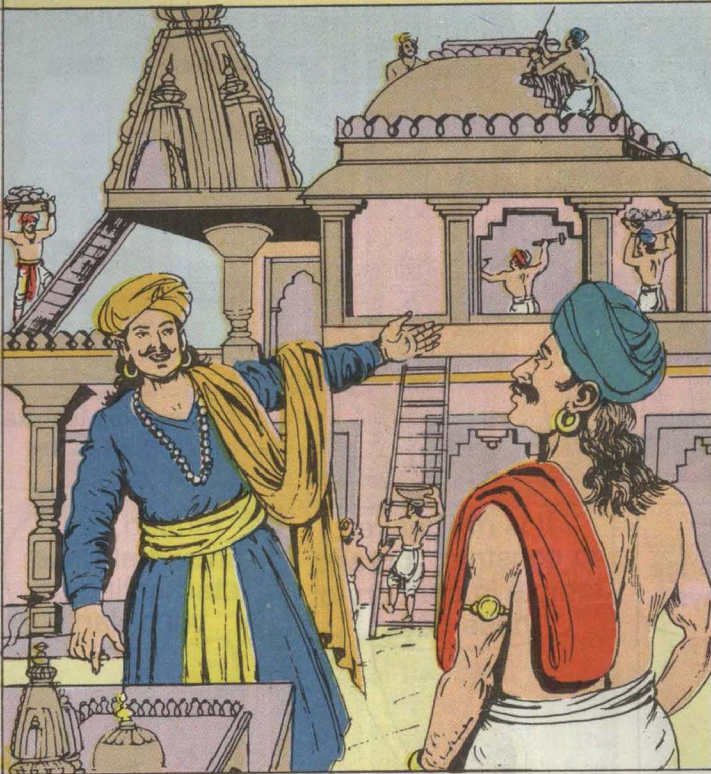


The king gave orders to minister Vagbhat*—I want to get a grand temple constructed in Aling colony in Khambhat.

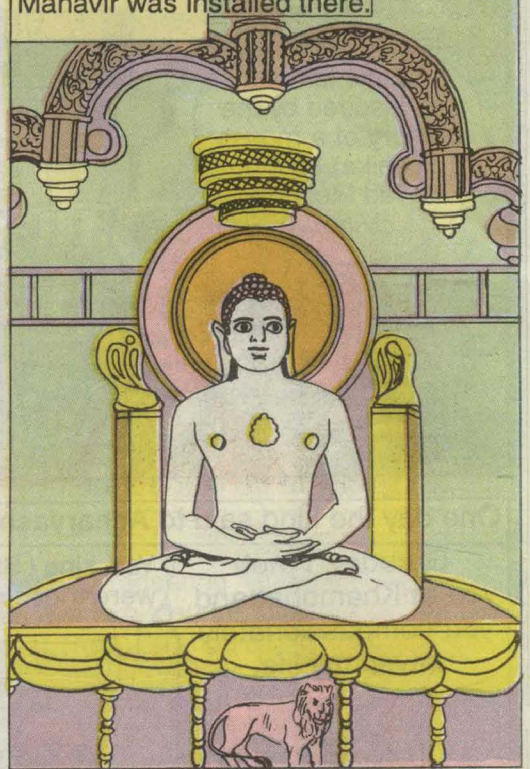


He was the son of minister Udayan.

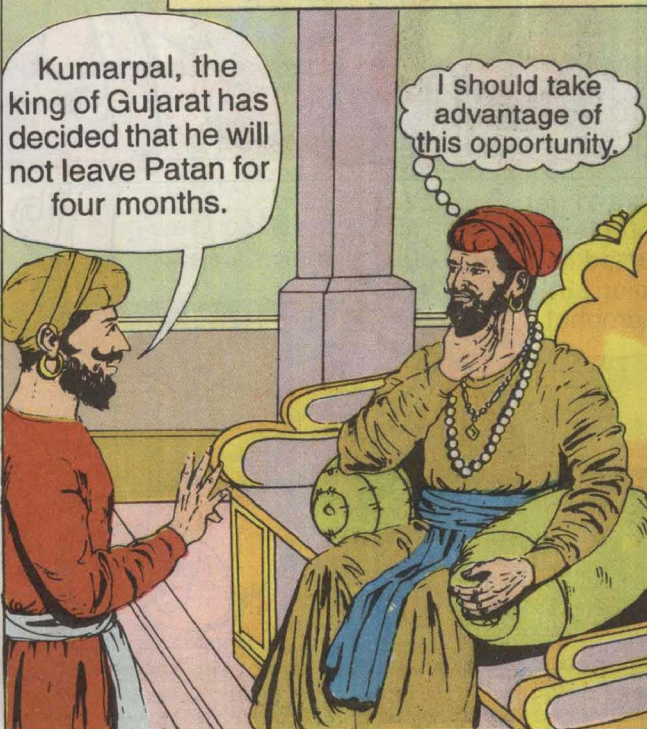
Vagbhat personally supervised the construction.



A gemstone image of Bhagavan Mahavir was installed there.



RELIGION THE SAVIOR Oneday spies informed Mohammed, the Sultan of Gazni—



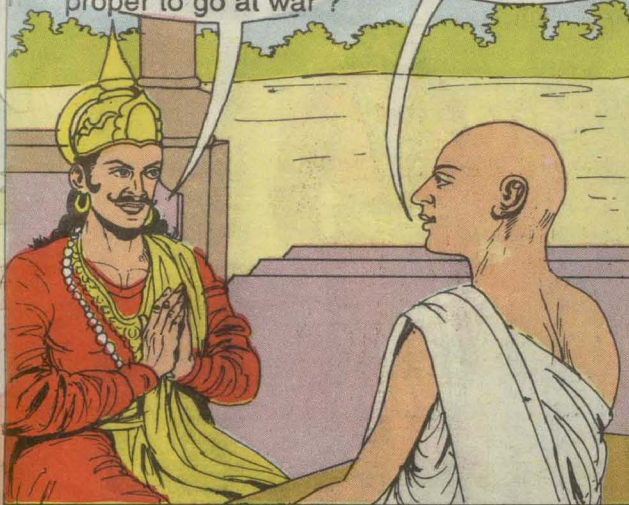
The Sultan marched to Gujarat. King Kumarpal got the news—



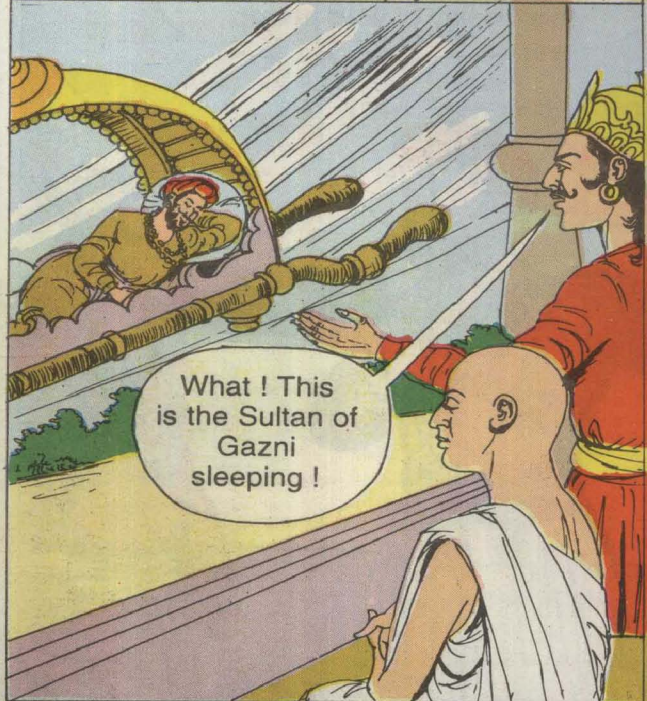
Worried Kumarpal came to Acharyashri—

Gurudev, I am in a quandary. Should I observe my sixth vow of limiting movement or my duty as a king? Moreover, the Paryushan Parva# is approaching and it is an occasion for religious activities. Would it be proper to go at war?

King! Be steadfast in religious activities. Religion protects all.

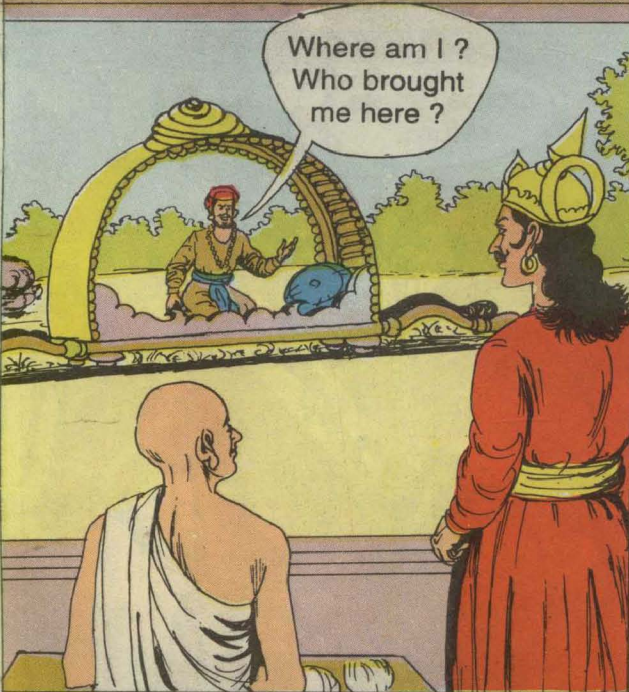


Acharyashri sat in the lotus posture and started meditation. After some time a palanquin was seen descending from the sky—



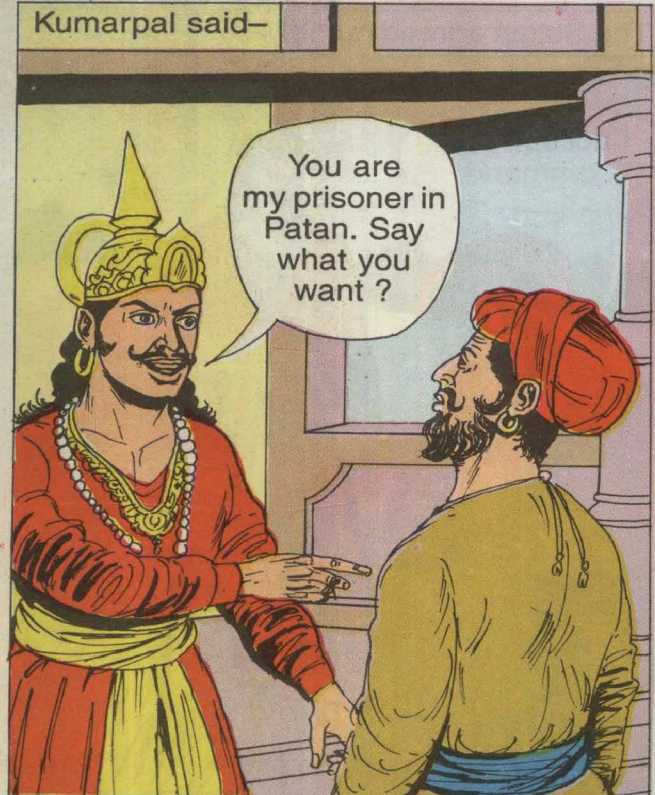
When the Sultan awoke from his slumber he was dumbstruck to see Kumarpal—

Where am I? Who brought me here?



Kumarpal said—

You are my prisoner in Patan. Say what you want?



The Jain festival of religious celebrations during monsoon season.

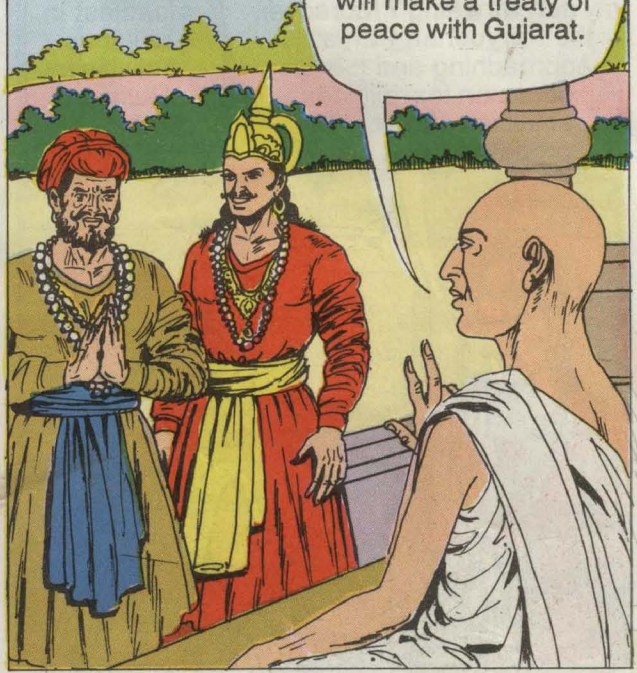
The Sultan joined his palms and said humbly—

Please pardon me. I feel belittled by this display of your power.



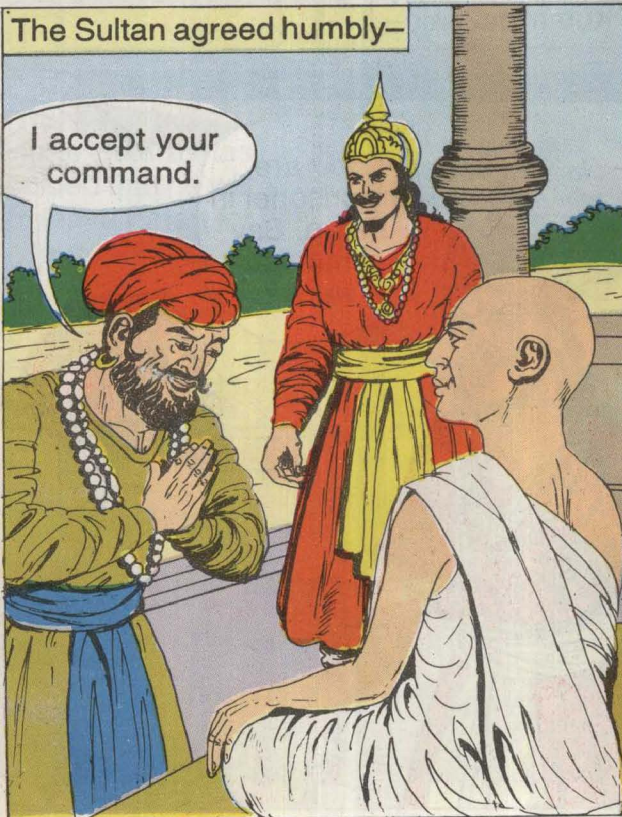
Acharyashri said—

I want two promises from you. (1) For six month you declare Ahinsa in your kingdom. (2) You will make a treaty of peace with Gujarat.



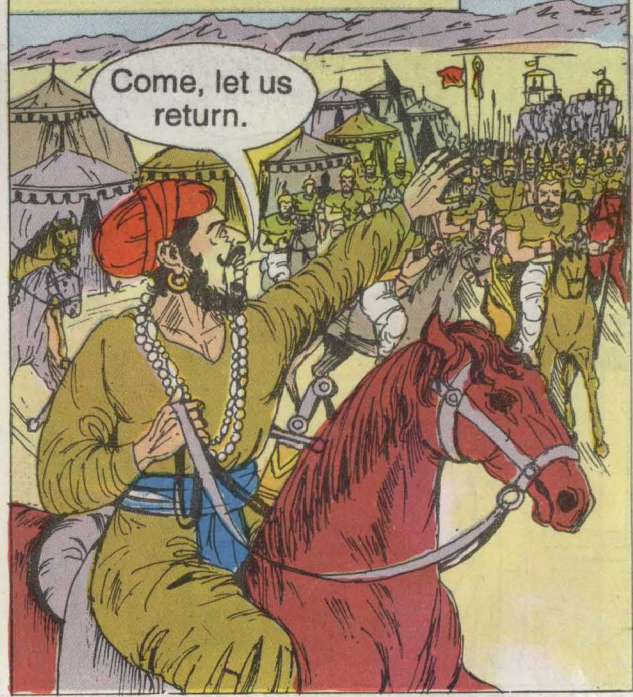
The Sultan agreed humbly—

I accept your command.

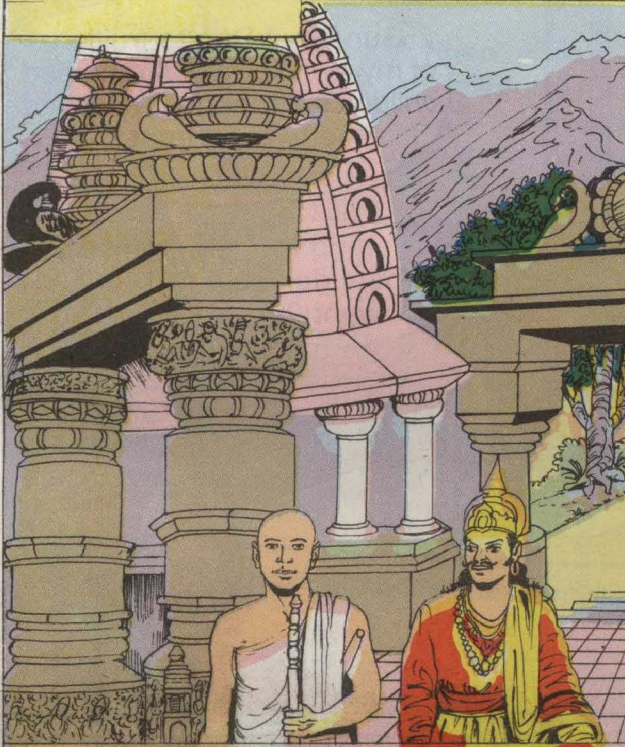


Kumarpal extended friendship to the Sultan. With the help of the yogic power of Acharyashri he returned to his camp.

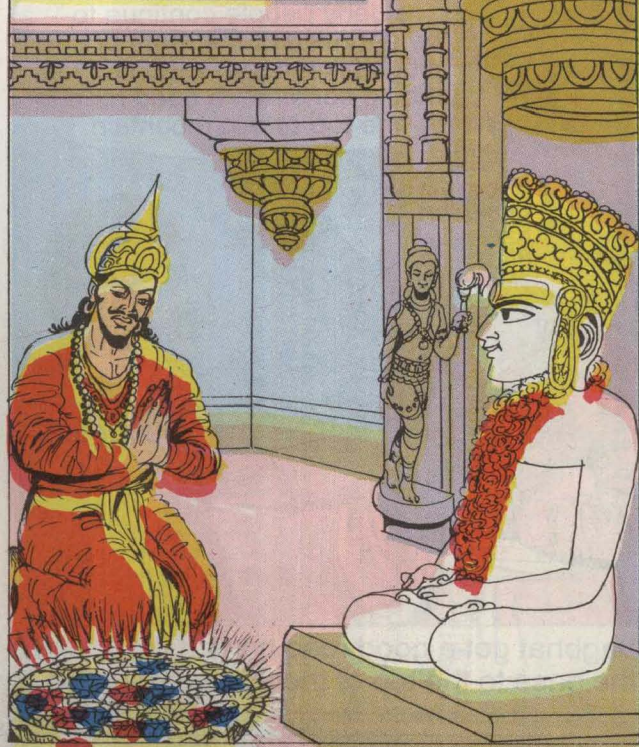
Come, let us return.



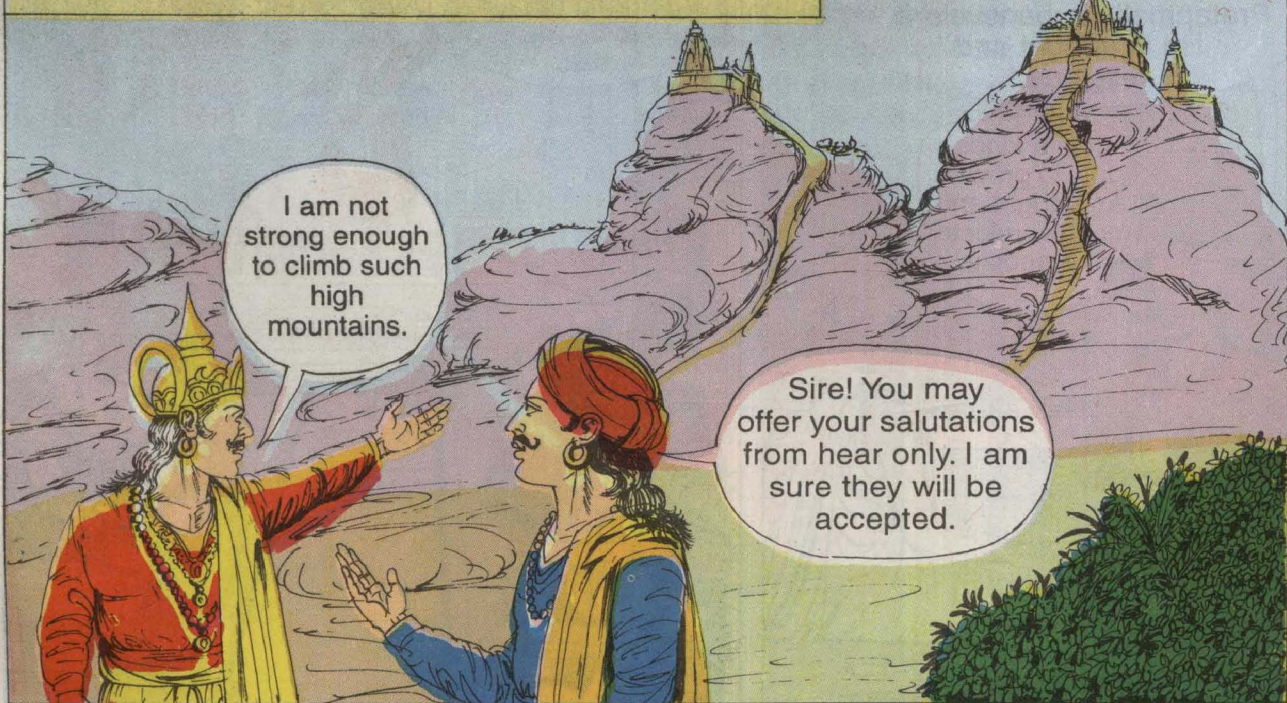
Kumarpal went on pilgrimage with Hem-chandracharya seven times. First was the pilgrimage to Shatrunjaya.



The king worshipped Bhagavan Adishvar (Rishabh Dev) with great devotion and offered nine types of precious gems.

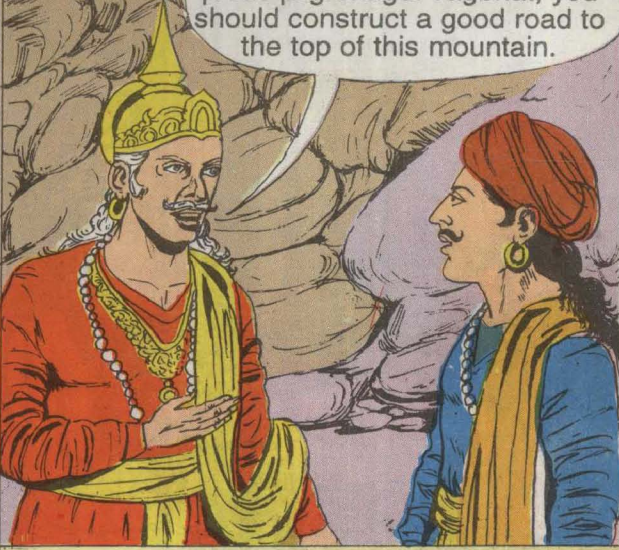


During the last part of his life Kumarpal once again went to Shatrunjaya and Girnar. Standing in the valley of Girnar and pointing at the lofty hills he said to minister Vagbhat—



Kumarpal said—

Like me many more elderly people continue to be deprived of the merit of this pious pilgrimage. Vagbhat, you should construct a good road to the top of this mountain.



Vagbhat got a good road constructed from the base to the top of the Girnar mountain.

After returning from the pilgrimage one day Kumarpal asked Acharyashri—

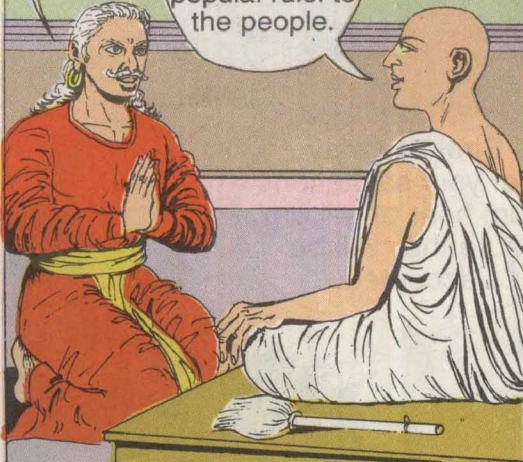
Gurudev ! Due to fruition of my own karmas I remained childless. No who will succeed me to this throne ?

King ! Whom do you want ?



Ajayapal is a debauch and anti-religion. Even the public does not like him. Pratapmalla is benevolent. He is upright and religious. #

It is a kings duty to provide an upright and popular ruler to the people.



Next day Kumarpal announced—

I proclaim : Pratapmalla to be my heir.

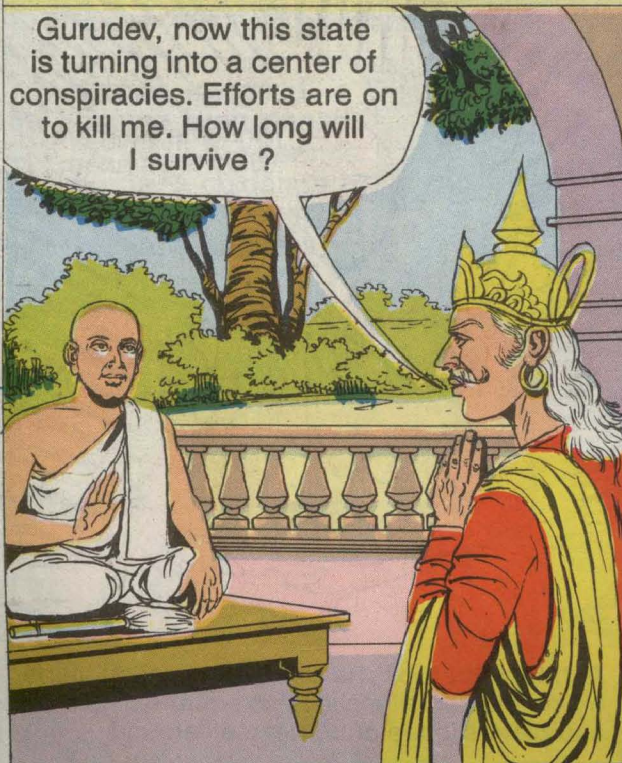


Ajayapal was his nephew and Pratapmalla the son of his brother's daughter; a grandson.

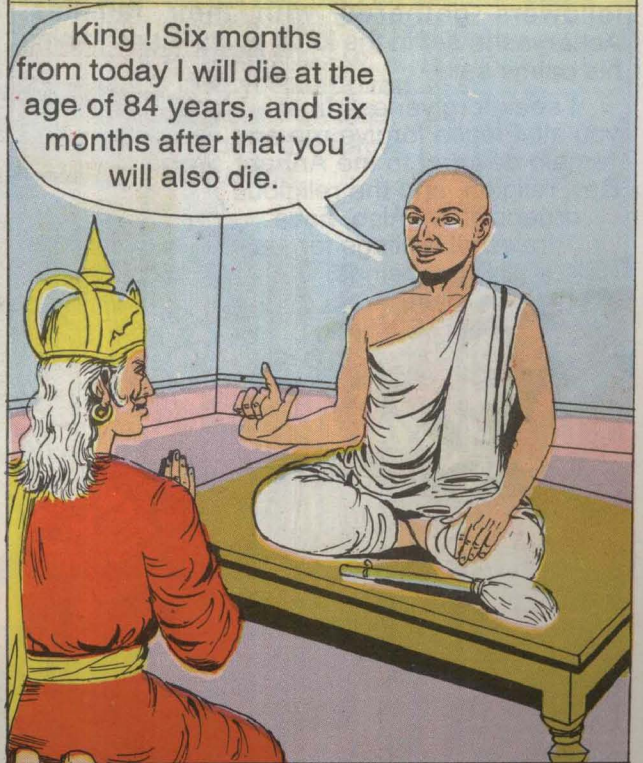
This annoyed Ajayapal and he started a conspiracy against Kumarpal.



One day Kumarpal said to Acharyashri—

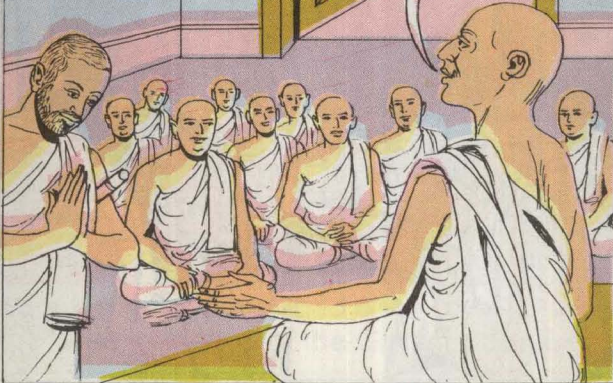


Acharyashri meditated for some time and said—



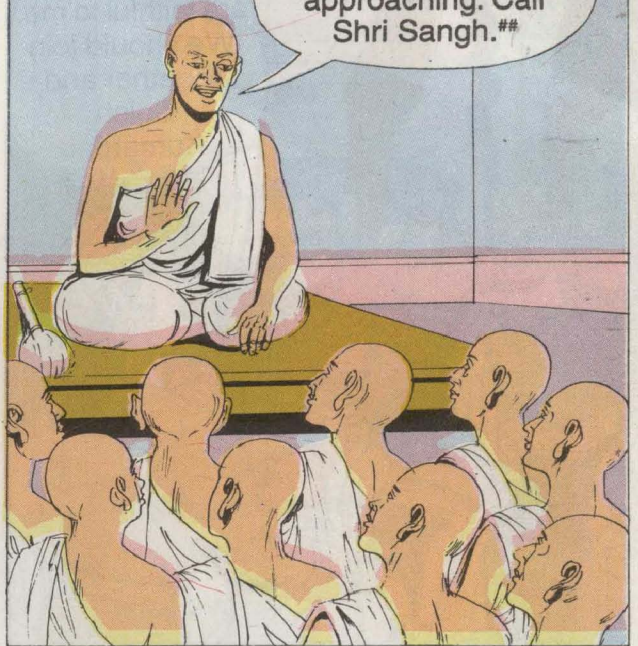
Some days later Acharyashri called all his disciples. King Kumarpal also came. Acharyashri announced—

The last moments of my life are near. Ascetic Ramachandra Suri will be my successor as the leader of the group.



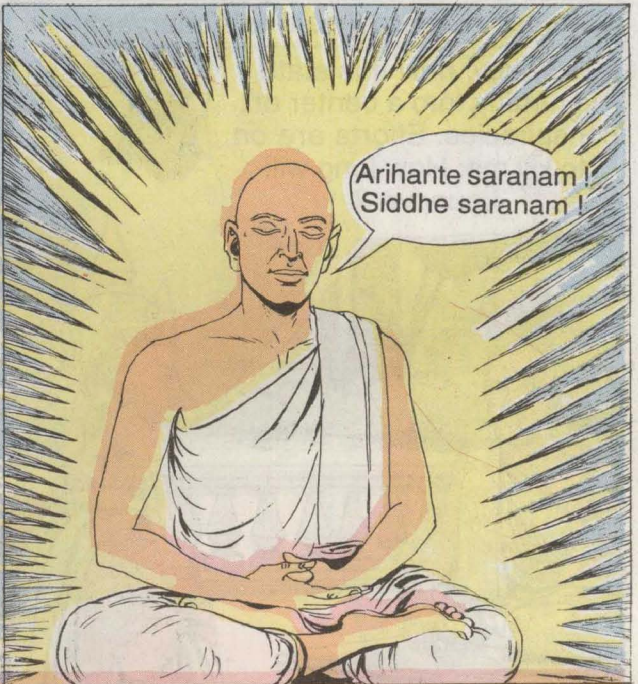
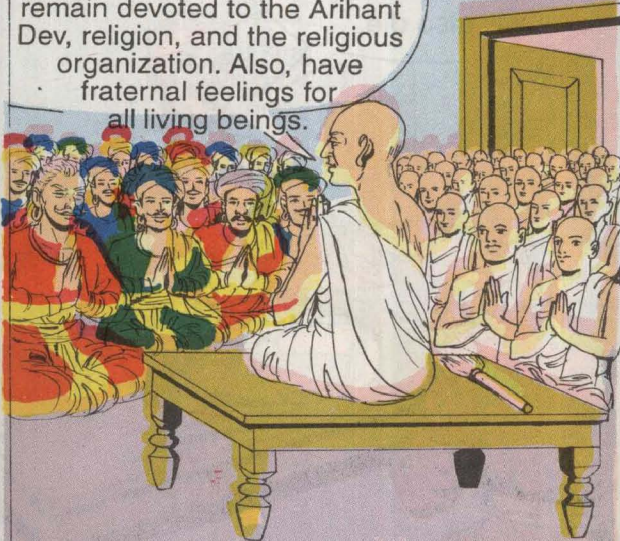
On Kartik Sudi Poonam# Acharyashri told his disciples—

Now the moment of my death is approaching. Call Shri Sangh.##



Getting the information King Kumarpal and other followers gathered with their families. Acharyashri sat in the lotus posture and joining his palms said—

I seek forgiveness from you all. Please forgive me and remain devoted to the Arihant Dev, religion, and the religious organization. Also, have fraternal feelings for all living beings.



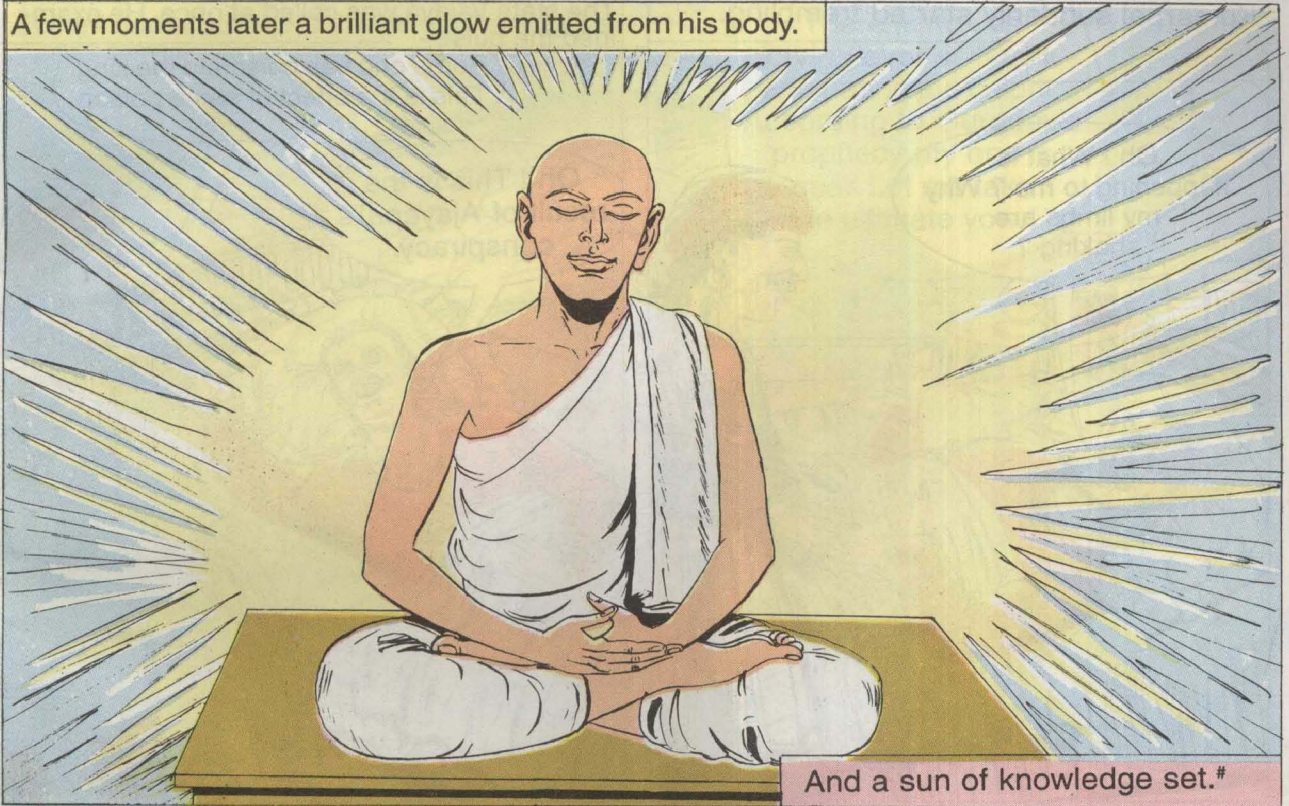
Arihante saranam !
Siddhe saranam !

Acharyashri took the ultimate vow and started his meditation sitting in lotus posture. There was complete silence and peace all around.

Full-moon day in the month of Kartik.

The religious organization.

A few moments later a brilliant glow emitted from his body.



And a sun of knowledge set. #

After the death of Acharyashri, Kumarpal was mentally shattered. He had also crossed 80 years of age. One day he called minister Vagbhat—

Vagbhat, my mind has become even weaker than my body. In absence of Gurudev's guidance I find myself without a mentor and helpless.

Sire, thousands of beings become deprived when a great tree falls. We are facing the same situation.



Kumarpal suddenly started trembling.



The state Vaidya was called at once. He examined the pulse—

Some one has poisoned the king.
This is the effect of some poison.



Kumarpal said—

There is an anti-toxin mother-of-pearl in the treasury. Bring it.



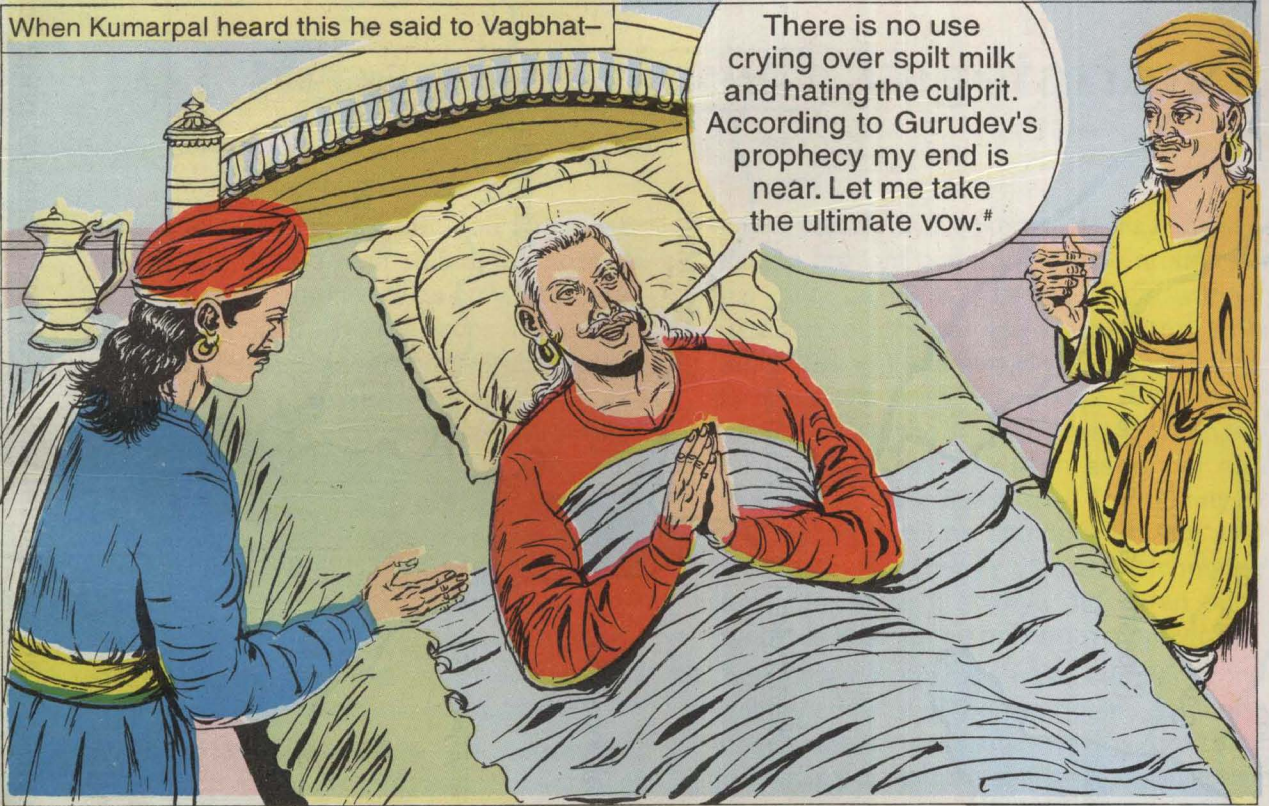
Vagbhat rushed. When he searched in the treasury he found the box empty.

Oh ! What is this ?
The anti-toxin is missing. Where has it gone? Who has stolen it ?



When Kumarpal heard this he said to Vagbhat—

There is no use crying over spilt milk and hating the culprit. According to Gurudev's prophecy my end is near. Let me take the ultimate vow.#



Accepting the ultimate vow, Kumarpal started his meditation of Arihant Siddha Lord. With the vision of Gurudev Hem-chandracharya in his mind he peacefully endured the acute pain of poison.

Gurudev beckons me near him.



Within moments he died and a benevolent king passed into the pages of history.

THE END

Chauvihar Santhara.

As mentioned in Kumarpal Charitra by Jina Mandal, Kumarpal died in 1230 V.

IMPORTANT PLACES CONNECTED WITH ACHARYA SHRI HEM-CHANDRA SURI



Imagine a great power standing on the banks of river Saraswati at dawn and illuminating whole of Gujarat with its radiance and aura, and you will see Hem-chandracharya."

—Dhumaketu in 'Kalikaal Sarvajna Hem-chandracharya' page 161

101 Reasons WHY I'M A Vegetarian

contd.

56. An animal at the top of the food chain will accumulate in its own flesh and fat most of all the toxic substances of its prey, its prey's prey, and so on. Due to the excessive use of pesticides, insecticides and petrochemical fertilizers on cropland, the injection of hormones and antibiotics into farm animals, and the abundance of PCB's and mercury in our oceans, there is toxicity in the flesh of all animals people eat. Today, more than ever, it is wise to eat "low on the food chain," with plant food being the lowest and safest.
57. A diet without meat can help prevent diabetes, relieve the symptoms of diabetes and can even end the need for insulin treatments.
58. Detection of salmonella is not required of meat packers by the USDA. There is not a single plant in the country that inspects for it. CBS's "60 Minutes" found half of the chickens they randomly bought at a super-market contaminated with salmonellosis.
59. Jim Mason and Peter Singer write in their book *Animal Factories*, "Instead of hired hands, the factory farmer employs pumps, fans, switches, slatted or wire floors, and automatic feeding and watering hardware." Managers, as with any other capital intensive system, will be concerned with the "cost of input and volume of output...[T]he difference is that in animal factories the product is a living creature."
60. The digestive system of the natural carnivore is designed for flesh. The human system is designed for plant food digestion. From the inadequate amount of acidity in human saliva, bile in the human liver and acid in the human stomach, to the relatively small size of the human kidneys, it is clear that the natural diet for humans is vegetarian.
61. What happens to the male calf born of a dairy cow ? He is taken immediately after birth to a veal factory and locked up by his head in a stall to prevent him from turning around for his entire life. He is fed a special diet without iron or roughage. He is injected with antibiotics to keep him alive and hormones to make him grow. He is kept in darkness except for feeding time. The result ? A nearly full-grown animal with flesh as tender and milky white as a newborn's. The beauty of the system from the standpoint of the veal industry is that today's veal still fetches the premium price it always did when such precious flesh came only from a baby calf.
62. Agricultural engineers have compared the energy costs of producing poultry, pork and other meats with the energy costs of producing a number of plant foods. It was found that even the least efficient plant food was nearly 10 times as efficient in returning food energy as the most energy efficient animal food.
63. Unlike natural carnivores who can eat excessive quantities of saturated fat without developing clogged arteries, humans, as well as herbivores, invariably develop atherosclerosis with saturated fat in their diets.
64. Unorganized groups of immigrant laborers of different ethnic origin, are generally pitted against each other by modern meat packing plants. The plants also make conditions so intolerable and dangerous that even immigrant laborers leave the industry. The high turnover serves to insulate companies from union organizing. It also serves to minimize meat inspection, the job done more and more by meat packer employees and less and less by USDA inspectors.
65. Food originating from animal sources, including milk, unlike most vegetarian foods, makes the blood acidic. When this happens,

the body withdraws calcium from the bones to make it more alkaline. This process balances the pH of the blood, but consequently becomes one of the factors that leads to osteoporosis.

66. Nearly all (95% – 99%) toxic chemical residues in the American diet come from animal sources. Toxic chemical management today amounts to no more than self-regulation by the chemical companies. The Environmental Defense Fund estimates that, on average, each American has 1.5 grams of DDT in his or her body.
67. Synthetic hormones are injected into steers (castrated bulls) to make up for the natural hormonal loss from castration. These hormones may produce carcinogenic residues in the animal's meat.
68. Family farmers who sold their chickens independently to processors on the open market only 35 years ago operate nearly exclusively today as "contract growers." If he hasn't yet been squeezed out completely, "Old MacDonald" currently holds a contract with a company in which he agrees to provide his facility and labor to grow company birds, on company feed, to company specifications. He can hardly get out of debt after his investment in the necessary hardware of today's intensive confinement systems. The demise of the family farmer, which is virtually complete in the chicken business, is now well under way in the pork business.
69. A clue to help end the controversy over whether humans are carnivores: Generally speaking, it is not common for a person to stalk a wild animal, catch it by sinking claws into its body, bite its neck and feel comfort in the taste of fresh warm blood and uncooked flesh.
70. Today, only 50 large corporations control 90% of all the poultry produced in the U.S. Eight of these account for half of the business.
71. To crank up pork production, piglets may be taken away from their mother soon after birth. They are then provided with a mechanical teat, without which they would die from the emotional loss. The forced weaning allows the sow to end her lactating period, so she can become pregnant again.
72. The high incidence of constipation, hemorrhoids, hiatal hernias, diverticulosis, spastic colon and appendicitis corresponds very closely to today's widespread adoption of high fat, low fiber, meat-centered diets.
73. Our dwindling supply of good water is directly tied to meat consumption. Over half of the total amount of water consumed in the U.S. goes to irrigate land growing feed and fodder for livestock.
74. It has been said that beef could be called a petroleum product so much fossil fuel is needed to produce it. With factory housing, irrigation, trucking and refrigeration, as well as petrochemical fertilizer production requiring vast amounts of energy, approximately one gallon of gasoline goes into every-pound of grain-fed beef.
75. The Allied naval blockade during World War I of German-occupied territories in 1917 forced Denmark most dramatically into nationwide vegetarianism. The death rate there from disease during the period dropped by 34%.
76. It is deceptive to measure fat as the percentage of physical weight of foods as the milk industry does. Because of all of the water, by weight milk is under 4% fat. Fat in milk, however, is 50% of the calories.

To be contd.

Content Courtesy :
Pamela Teisler

Jai Jinendra
Pramoda Chitrabhanu



Good Literature is your best friend

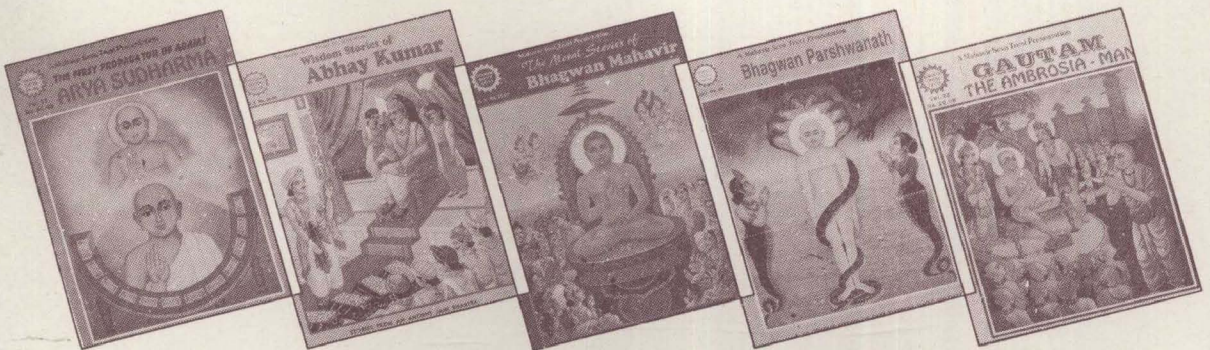
The Glorious Heritage of Jainism

Colourful Jain Story Books

The simplest and easiest way to get acquainted with Jain religion, philosophy, culture, history and way of life. Entertaining as well as informative, these picture books make the incidents from the life of the persons you revere come alive. They open up the glorious past of the Jain culture for you and your children.

FAMOUS TITLES

- Bhagwan Parshwanath
- Bhagwan Mallinath
- The Fortune Rich : Dhanna
- The Moral Stories of Bhagwan Mahavir
- An Inspiring Story of Megh Kumar
- Kshamadan
- Young Yogi Jambu Kumar
- Sati Anjana Sundari
- Nand Goldsmith
- The Story of Kapil Kevli
- Srimad Rajchandra
- Compassionate Bhagwan Mahavir Vol. I & II
- Miracles of Namokar Mantra
- Bhagwan Shantinath
- Prince Shrenik
- Wisdom Stories of Abhay Kumar
- Princess Chandanbala
- Miracles of Siddhachakra
- Bhagwan Rishabhdev
- Bhagwan Neminath
- Jagat Guru Shri Heer Vijay Suri
- Gautam the Immortal-II
- Dada Guru Shri Jina Kushal Suri
- Arya Sudharma



Set of 60 Books Rs. 1,200.00 (In India). US \$ 150.00 (Abroad) (Postage Include)

Please send your amount by Draft/M.O. to any of the following addressee—

MAHAVIR SEVA TRUST

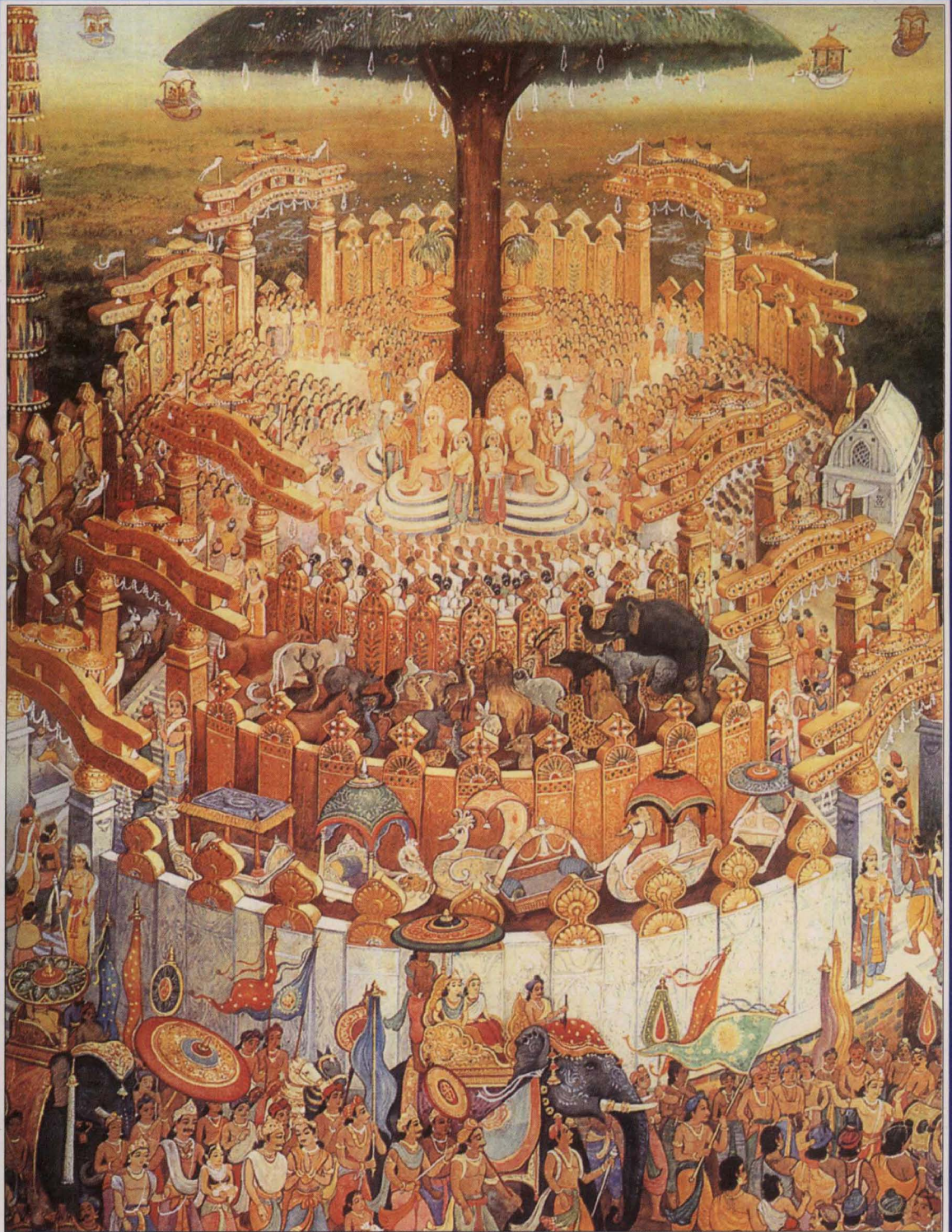
A-7, SAGAR NIWAS, 1ST FLOOR, OFF MANCHHUBHAI ROAD, MALAD (E), MUMBAI-400 097. PH.: 8811397, (R) 8892121

FEDERATION OF JAIN ASSOCIATIONS IN NORTH AMERICA (JAINA)

C/o DR. P.B. GADA, 4410, 50TH STREET, LUBBOCK, TEXAS-79414 (U.S.A.). PH.: 806-793-8555

DIWAKAR PRAKASHAN

A-7, AWAGARH HOUSE, OPP. ANJNA CINEMA, M.G. ROAD, AGRA-282 002. PH. : 351165, 350296



Mahavir delivering the sermon in Samvasarana arranged by gods where souls forget their birth enmity.

Picture taken from 'Tirthankar Bhagawan Mahavir', Compiled by-Achary Shri-Yashodevsuriji